



Independence Community School District

1207 1st Street West
Independence, Iowa 50644

(319) 334-7400 Phone
(319) 334-7404 Fax

Russell Reiter ♦ Superintendent
Stephen Noyes ♦ Director of Technology

Laura J. Morine ♦ Director of Finance/Board Secretary
Kelsi Donnelly ♦ Health Services

December 15, 2022

Dear Parent/ Guardian,

We are starting to see more illness in our school and community. To protect the safety of students and staff, please review the following on when to keep your child home:

- Temperature of 100.4 F and above
 - Must remain home until fever-free for 24 hours without the use of fever-reducing medications (i.e., Tylenol, Motrin).
 - If your child returns after being sent home the previous day with a fever, please expect a call from the school nurse to pick up your child.
- Vomiting and/or diarrhea
 - Must remain home until symptom free for 24 hours.
 - If your child was sent home the previous day for vomiting or diarrhea, please expect a call from the school nurse to pick up your child.
- Sore throat with red, swollen tonsils
 - If diagnosed with strep, your child needs to be on antibiotics for 24 hours before returning to school.
- Respiratory symptoms such as persistent cough that is going to prevent them from participating comfortably or be disruptive in class.
- New skin rash with an unknown cause
 - Should be evaluated by your health care provider due to the variety of illnesses and viruses that carry a rash as a symptom

Please use your best judgment and err on the side of caution by keeping students at home for upset stomachs, sore throats, and new onset of cough. When notifying the school that your child will not be here due to illness, it is helpful to report the symptom(s) your child is experiencing.

Healthy habits that can help to prevent the spread of germs and illness this season:

- Frequent hand washing
- Clean and disinfect high-touch surfaces
- Cough/ sneeze into a tissue, not your hands
- Stay home when ill
- Avoid sharing used personal items like drinks and utensils
- Avoid touching your mouth and nose
- Drinking plenty of fluids and getting adequate rest.

If we all work together to enforce healthy habits, we can help prevent the spread of germs and illness.

Thank you for helping us keep our students well. Please contact your building nurse with any questions or concerns.

Molly Beatty, RN
East Elementary

Kelsi Donnelly, BSN RN
West Elementary

Jennifer Eddy, BSN RN
Jr/Sr High School

“Educating people to be life-long learners and respectful, responsible citizens”