

CUYAHOGA VALLEY
CHRISTIAN
ACADEMY

STUDENT HEALTH AND WELLNESS REMINDER

Dear Families,

The health and safety of your student is always our highest priority. We would like to update you on our efforts to keep your student safe and also remind you of keeping your family healthy. Our best defense against the spread of respiratory viruses is prevention. By following the recommendations listed below, together we can reduce the spread of infections at CVCA:

- Keep sick children at home. If your child has a fever above 100.0 F, keep them home until they are fever-free for 24 hours. They must be fever-free **without fever-reducing medication** such as Tylenol or Advil, understanding that administering Tylenol or Advil does not make the student non-contagious; it simply removes the symptom of fever. Keeping sick children home prevents the spread of the virus to others. Any child determined to be sick while at school will be sent home. *Keep in mind that each child has a "normal" and if your child seems symptomatic with a temperature of 99.8 F, please consider keeping them home.*
- Practice good hand hygiene by washing your hands often with soap and water for at least 20 seconds, especially after coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer and wash as soon as you can.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- Remind your children not to share personal items like drinks, food, or unwashed utensils.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth whenever possible.
- Get your family vaccinated for seasonal flu every year.

Additionally, the administration is continuously working with the facilities staff to properly disinfect desks and other common work surfaces. New orders of sanitizing wipes and hand sanitizer for each classroom have been distributed. We are following along closely with the Ohio Department of Health and the Summit County Health Department to determine the severity of this flu season and examine their weekly flu reports.

If you have questions or concerns, please feel free to email Kendall Hudson (CVCA's School Clinic Registered Nurse) at khudson@cvcaroyals.org.