



# Winter Woes

February 12, 2024

Dear Bingham & Downing Families,

Even though the groundhog says spring is coming soon, we live in New Jersey, so who knows? Winter is a time when all of us tend to stay indoors sharing germs. We thought this would be a good time to share what has been going around the district.



**Flu, RSV, colds:** Reminder that students must stay home until **fever free for 24 hours without the use of fever reducing medications.** Coughs can persist for a few weeks, but students that are coughing non stop or coughing to the point of gagging should stay home until seen by a doctor. Please do not send in cough drops, cold medicine etc. If your child needs this during the school day please reach out to your school nurse.



**COVID 19:** We continue to follow the CDC recommendations. Isolate for 5 days, then return to school with a mask for an additional 5 days. If your child or someone in the household tests positive for COVID please reach out to your school nurse for specific guidance.



**Pink Eye:** This can be caused by either a bacteria or a virus. Students with white or yellow eye discharge, eye pain, or redness of the eyelids or skin surrounding the eye must stay home until recovered or cleared by a doctor.



**Vomiting, Diarrhea, "Stomach Flu":** Frequent loose or watery stools( 2 above normal for that child), vomiting more than 2 times in 24 hours, abdominal cramps/tenderness, fever. These students stay home until 24 hours after symptoms resolve. If the cause has been determined by a doctor to be non-contagious the student may attend as long as they can remain hydrated and participate in activities.



**Head Lice:** A good thing that came out of all that social distancing was a decrease in the number of students with head lice! Please know that head lice do not carry disease. They are a “nuisance” problem. The lice themselves are hard to see( they move fast) but the eggs (nits) appear as tiny white or tan ovals that are firmly attached to the hair shaft. Head lice are mostly spread by direct head to head contact-they do not jump or fly. Head lice are found in every socioeconomic status and geographic region. Symptoms of a head lice infestation include itchy scalp, tickling sensation in the hair ( especially behind the ears, neckline, and back of the head). If one household member has head lice, everyone that lives there should be checked. Head lice cases are considered “low contagion” risk in the classroom.

If you find that your child has head lice they can be treated and return to school the next day. There are many treatment methods out there and not all of them work. Contact your doctor or school nurse for guidance. More information can be found at the following:

[https://www.cdc.gov/parasites/lice/head/gen\\_info/faqs.html](https://www.cdc.gov/parasites/lice/head/gen_info/faqs.html)

<https://www.headlice.org/>



Reminders.....

If your child will be absent or late please call the school and leave a message on our 24 hour attendance line. You may also email the nurse or school secretary.

Bingham Nurse

[LShapiro@runnemedeschools.org](mailto:LShapiro@runnemedeschools.org)

Downing Nurse

[KFeldman@runnemedeschools.org](mailto:KFeldman@runnemedeschools.org)

Bingham Secretary

[SRost@runnemedeschools.org](mailto:SRost@runnemedeschools.org)

Downing Secretary

[DClark@runnemedeschools.org](mailto:DClark@runnemedeschools.org)

If you do not call/email, a robo call/text/email will be sent This is a reminder to contact the school to report the absence.

**Recess.....** Our students go out to play unless it is raining, snowing or windchill is less than 32 degrees. Please have them dress appropriately for the weather. Shoes should be appropriate for running.