



Clover Garden School

2454 Altamahaw Union Ridge Road

Burlington, North Carolina 27217

Please Do NOT send your student to school if he/she has or has had:

- Fever over 100.4 within the last 24 hours (must be fever free without medication).
- Vomiting or diarrhea within the last 24 hours.
- Continuous coughing not relieved with cough medicine.
- Strep throat. They may return 24 hours after starting antibiotics.
- Please check with the School Nurse or your doctor about the return to school plan for other illnesses.
- Please remember to notify the School Nurse or Front Office if your child has a contagious illness!

Helpful Tips for Staying Healthy:

- Frequent hand washing is the BEST way to prevent and combat the spread of germs! Wash hands often with soap and water or hand sanitizer. (Pro Tip: Sing the Happy Birthday song twice to wash long enough.)
- Cover coughs and sneezes with a tissue or use an elbow or arm if no tissue is available.
- Do not share drinks, food, or unwashed utensils.
- Get plenty of rest, eat healthy foods, and drink lots water and healthy drinks (soda doesn't count!)
- Avoid people that are sick and stay home when you are sick.
- Disinfect surfaces that are prone to germs (ex. phones, keyboards, door knobs, toothbrushes).
- Get your immunizations like the flu shot.