



# Mason School District

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School Administrative Unit #89  
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## Nurse Notes

1/15/20

Dear Families,

Streptococcal pharyngitis or ~~%strep~~ strep throat, the Flu, and gastro-enteritis (vomiting and diarrhea) have all recently been reported in children attending our school. It is not uncommon for a strep infection to present with mild and non-specific signs such as no fever or a mild fever, mild redness in the throat, and only slightly swollen glands. The onset of a painful throat is typically sudden, swollen and tender lymph nodes in the neck, often associated with absence of a cough. Later, headache and nausea may be reported by your child. These more mild symptoms make it harder for the treating physician to know if the patient has a ~~%strep~~ strep infection, or a simple viral infection without the use of a throat culture. Children who become symptomatic should be seen by their physician so they can be tested and treated. Children who are treated with antibiotics should **remain at home for at least 24 hours after treatment has begun.**

Attached, and posted on the website, you will find a Guide for Parents from the CDC on ~~%the~~ the Flu. It highlights the importance of getting your flu shot, what to do when you have the flu, what symptoms to be aware of, (Fever, cough, runny nose, aches, headache, fatigue, vomiting and diarrhea) and how to protect your child. As a reference, you may also visit the CDC (Centers for Disease Control) at: [www.CDC.gov](http://www.CDC.gov), or the NH Dept. of Health and Human Services at: [www.dhhs.state.nh.us](http://www.dhhs.state.nh.us).

In response to the recent rise in these illnesses, Mason Elementary has, and will continue to promote good hygiene to ensure the health and wellness of our students. We routinely remind students to wash their hands frequently and practice good cough and sneeze etiquette. Disinfection of the school is also conducted routinely.

We encourage anyone with illness to ***not return to school until 24 hours after fever is no longer present (without medication) and feels well enough to attend.*** This helps stop the spread of illness to adults, students and their families. Thank you for helping to keep the children and their families safe, happy and healthy!

For a Healthy School,

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