



# Amherst County Public Schools

October 31, 2017

## Superintendent

Dr. Steven Nichols  
(434) 946-9387  
[snichols@amherst.k12.va.us](mailto:snichols@amherst.k12.va.us)

## School Board

W. Michael Henderson  
*Chairman*  
District 1  
(434) 528-6499 Ext. 18002  
[whenderson@amherst.k12.va.us](mailto:whenderson@amherst.k12.va.us)

Priscilla M. Liggon  
*Vice Chairman*  
District 4  
(434) 528-6499 Ext. 18005  
[pliggon@amherst.k12.va.us](mailto:pliggon@amherst.k12.va.us)

Jennifer E. Cumby  
District 2  
(434) 528-6499 Ext. 18008  
[jcumby@amherst.k12.va.us](mailto:jcumby@amherst.k12.va.us)

Francisco D. Mayo  
At-Large  
(434) 528-6499 Ext. 18009  
[fmayo@amherst.k12.va.us](mailto:fmayo@amherst.k12.va.us)

Randy V. Summers  
District 5  
(434) 528-6499 Ext. 18006  
[rsummers@amherst.k12.va.us](mailto:rsummers@amherst.k12.va.us)

Abby J. Thompson  
At-Large  
(434) 528-6499 Ext. 18010  
[athompson@amherst.k12.va.us](mailto:athompson@amherst.k12.va.us)

Craig S. Terwilliger  
District 3  
(434) 528-6499 Ext. 18003  
[cterwilliger@amherst.k12.va.us](mailto:cterwilliger@amherst.k12.va.us)

Dear Parent/Guardian,

Cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or severe cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

- Fever greater than 100 degrees (*your child may return to school only after his or her temperature has been consistently below 100 degrees for 24 hours without fever-reducing medication*)
- Vomiting
- Diarrhea
- Chills
- Feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose and green discharge

**Don't forget an absent note!** When your child feels well enough to return to school, please send a note explaining what their symptoms were. If your child is diagnosed by a doctor with the flu, please tell your school nurse as soon as possible.

If you have additional questions, you may reach me at (434) 946-9342.

Sincerely,

Marie Petrone  
Supervisor of Student Health