

Dartmouth Public Schools Health Department

Dear Parents and Guardians,

Our students will have their fair share of coughs and sneezes this cold and flu season! While I understand that coughing during school can be bothersome to your child, **cough drops will not be allowed at Dartmouth Elementary Schools.** Cough drops are a top choking hazard for younger children.

It is general physician opinion and studies show, cough drops don't stop a cough and medicine flavored cough drops are no better than hard candy. It can soothe a dry or sore throat, but studies have shown cough drops work the same as sips of water. Please encourage sips of water for cough; the hydration will also help them recover.

If you feel strongly that your student needs something to suppress a cough during the school day, please call your pediatrician for recommendations for cough medicine to be administered at home prior to coming to school. If your student has a persistent cough that would likely disrupt their school day, it is advised by Dartmouth Public School Health Services that the student should stay home from school and follow up with their pediatrician. Please feel free to contact your school nurse with questions or concerns. Thank you for your cooperation.

Sincerely,

Dartmouth Health Department

