

February 4, 2019

Dear Parents and Guardians,

Flu is on the rise, and we would like to help prevent its spread as much as possible.

Please note the following guidelines to help keep our children and staff healthy:

- Please let us know if your child has been diagnosed with the flu when calling him/her absent. This enables us to track the number of flu absences.
- Your child may return to school once he/she has been fever free, for 24 hours, without the aid of a fever reducing medication. However, if your child is still coughing frequently, has diarrhea/vomiting or is not feeling well, please keep him/her home until fully recovered. If your doctor has recommended a specific number of days to be absent from school, please follow that advice.
- If your child is on Tamiflu, all medication must be completed before returning to school unless otherwise directed by your health care provider.
- Encourage your child to practice hand washing, particularly after coughing, sneezing or using the bathroom. Hand sanitizer will also help when soap and water are not available. Teach your child to cough into their elbow sleeve to help prevent the spread of germs.
- Encourage your child to keep their hands away from their mouth, nose, and eyes, the entryway for flu and most germs.
- The Centers for Disease Control (CDC) recommends getting a flu vaccine to help protect yourself and your family from the flu.

Please note the following symptoms, which may indicate flu:

- * Unlike a cold, flu symptoms usually come on suddenly
- Fever or feeling feverish/chills (it is important to note that not everyone with the flu will have a fever)
- Cough
- Sore throat
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Possible vomiting and diarrhea

For more information on:

Prevention: <http://nj.gov/health/cd/documents/flu/preventspread.pdf>

The difference between a cold and flu:

<http://nj.gov/health/cd/documents/flu/is it a cold the flu.pdf>

What to do for the flu: <http://nj.gov/health/cd/documents/flu/selfcare.pdf>

Thank you,

From your School Nurses