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Dear School Community,

At this time of year, we begin to experience influenza-like activity in New Jersey. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness.

The flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

If your child complains of the following symptoms, please keep your child home and contact your healthcare provider:

- fever (usually high)
- headache
- extreme tiredness
- dry cough or sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms, such as nausea, vomiting, and diarrhea (more common in children than adults)

If you suspect your child has influenza, please keep your child home and contact your healthcare provider for treatment. Keep your child at home until they are free of any of the above symptoms, including fever without anti-fever medication for 24 hours.

The best way to prevent the flu is by getting a flu vaccine each year. Strict observance of good hand hygiene is another effective means of decreasing the spread of infection.

Additional influenza information is available from [www.cdc.gov/flu/about/index.html](http://www.cdc.gov/flu/about/index.html) or at our school website <https://www.aes.k12.nj.us/Page/1749>

Sincerely,

Scott Brady RN

Jodie DeConstanza RN