



A Note from the Superintendent of Schools

Dear Parents/Guardians:

As you may be aware, New Jersey is in the midst of flu (influenza) season. The flu is a contagious respiratory illness caused by influenza viruses that infect the sinuses, throat, and lungs, and which can cause mild to severe illness. The best way to prevent the flu is by getting a flu vaccine each year.

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

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

If you suspect your child has the flu, please continue to keep them home until they are free of any of the above symptoms, including fever without anti-fever medication for 24 hours.

The district's custodial staff has been diligent at regularly disinfecting classrooms and surfaces according to the schools' protocols; however, we would ask that you also remind your child/children of the importance of frequent hand washing, healthy eating, and proper disposal of tissues during this cold and flu season.

For more information about the flu, please click below:

<https://www.cdc.gov/flu/pdf/freeresources/updated/a-flu-guide-for-parents.pdf>

<https://www.cdc.gov/flu/school/qa.htm>

If you have any additional questions, please feel free to reach out to your building principal or school nurse.

Sincerely,

Rory McCourt
Superintendent of Schools
River Vale School District