

# MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

## Office of the Assistant Superintendent for Operations

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Superintendent of Schools

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Dear Parents:

As has been reported recently in the media, New Jersey is in the midst of flu season. The New Jersey Department of Health and Middletown Township Health Department has requested the District provide our school community with the following information.

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 also 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 physician:

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

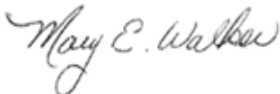
If you suspect your child has influenza, keep your child at home until they are free of any of the above symptoms, including fever without anti-fever medication for 24 hours.

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 preventing the spread of infection.

Additional information about influenza can be obtained from:

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

Sincerely,



Mary E. Walker