

**Flu Season January 2020 Information**

1 message

Office of Supervisor of Wellness <officeofsupervisorofwellness@ridgewood.k12.nj.us>
Reply-To: Office of Supervisor of Wellness <officeofsupervisorofwellness@ridgewood.k12.nj.us>
To: lpapamichael@ridgewood.k12.nj.us

Tue, Jan 21, 2020 at 11:20 AM

RIDGEWOOD

PUBLIC SCHOOLS

**January 21, 2020****Dear Parent / Guardian,**

Flu season has arrived along with an increase in upper respiratory infections, colds, coughs, sore throats, and runny noses. Please advise students to take precautions to avoid getting or spreading flu and flu-like symptoms and symptoms of the common cold. Remind students to cover their mouths when sneezing or coughing, wash hands frequently with soap and water, dispose of tissues in the trash and avoid touching eyes, nose, and mouth. Please note that the School Nurse is unable to administer cold medicine, decongestant, or dispense cough drops. If your child is suffering from any of the common cold symptoms, consult with your child's physician about administering over the counter cold relief medication. If necessary, please provide a small box of tissues for your child to bring to school. Please use good judgement before sending your child to school. If your child has a fever above 100 degrees, do not send your child to school. A child should be fever free, without medication, for at least 24 hours before returning to school. Please read the information in the link below for CDC Flu Information.

<https://www.cdc.gov/flu/prevent/preventing.htm>

Please inform the School Nurse if there is a positive diagnosis of the flu virus confirmed by your physician.

Thank you for your cooperation.

School Health/Nurses Office

Ridgewood Public Schools

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