

Dear Parents/Guardians,

We have seen an increase in influenza-like illness as well as upper respiratory infections and gastrointestinal viruses in several of our schools this month. Our district-wide custodial staff is taking special precautions with increased daily cleaning throughout the district, as well as special detailed cleaning of classrooms and common areas where there is an increase in flu-like illnesses.

Our school nurses have been reviewing the number of students and staff absent each day, and are in communication with the Director of Nursing @ the Montclair Health Department for guidance as needed.

Coronavirus has not been spreading widely in the US. There are no additional precautions recommended for K-12 schools or for the general public. We receive weekly updates from the NJDOH, and will keep you informed if school guidelines are revised. The Montclair Health Department is actively monitoring local residents who have traveled to high risk areas.

**We want to remind parents/guardians to keep their children home when they are ill. Students who are ill with respiratory symptoms, flu-like illness or diarrhea/vomiting should stay home for 24 hours fever-free without fever-reducing medication, and/or 24 hours free of diarrhea/vomiting. Please call your child's school to report his/her/they absence, and contact your child's primary healthcare provider for recommendations.**

#### **Tips for Staying Healthy**

- Practice frequent handwashing. Reinforce good handwashing habits with your family. Although hand sanitizers may be available, soap and water with friction for at least 20 seconds is most effective.
- Communicate with your family's healthcare provider regarding the flu vaccine...it is not too late.
- Clean and disinfect surfaces in your home, including but not limited to: door knobs, handles, remote controls and phones.
- Cover your mouth and nose with tissue when you cough or sneeze. Dispose of the tissue and wash your hands. If tissues are not available, sneeze or cough into the crook of your arm. Avoid touching your eyes, nose or mouth with unwashed hands.
- Encourage a "do not share" rule this season.... food, drink, lip balm, pencils etc.
- Get adequate rest and sleep and hydration.

#### **For further information on Influenza:**

[https://www.nj.gov/health/cd/documents/SchoolParent-info-sheet-flu\\_01192018.pdf](https://www.nj.gov/health/cd/documents/SchoolParent-info-sheet-flu_01192018.pdf)

[https://www.nj.gov/health/cd/documents/flu/is\\_it\\_a\\_cold\\_the\\_flu.pdf](https://www.nj.gov/health/cd/documents/flu/is_it_a_cold_the_flu.pdf)

#### **For further information on Coronavirus:**

[https://www.nj.gov/health/cd/documents/topics/NCOV/2019nCoV\\_k12schools.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/2019nCoV_k12schools.pdf)

Please do not hesitate to call your child's school nurse with any questions.