

# CLINTON TOWNSHIP SCHOOL DISTRICT

## *Office of Special Services*

27 Belvidere Avenue, Clinton NJ 08809  
908-735-7916 x9209, Fax 908-735-2213

“Where Children Come First”

*Michele Cone*  
Superintendent of Schools

*Alexa Ingram*  
Director of Special Services

January 23, 2019

Dear Parents/Guardians,

There are confirmed cases of Influenza (the flu) in our district. Please observe your child for any of the following symptoms and keep them home until the flu has been ruled out by your doctor.

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

As a general reminder, students **must** be fever free for 24 hours without fever reducing medication before they may return to school. Limiting contact is one of the key ways we can prevent spreading the virus.

We remain in contact with the Hunterdon County Department of Health and our school physician, and both recommend getting your child the flu vaccine if you have not already done so. It is not too late to benefit from the vaccine. Please refer to the CDC website below for the most up to date information regarding prevention, signs and symptoms as well as treatment of the flu.

### **Tips for Preventing the Flu and other respiratory viruses from the Centers for Disease Control**

- Encourage respiratory etiquette: Cover your cough with a bent elbow or tissue.
- Encourage hand hygiene for children and all family members.
- Encourage children and family members to keep their hands away from their nose, mouth, and eyes.
- Avoid close contact with people who are sick.

Thank you for your cooperation in helping prevent the spread of the flu virus in our school community.

Sincerely,

Michele Cone

<https://www.cdc.gov/flu/consumer/prevention.htm>