

EAST ORANGE SCHOOL DISTRICT
Division of Operations, Compliance &
Educational Support Services
Department of Special Education Services
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February 9, 2018

Dear Parents:

The flu season usually peaks in February and may extend through May in some cases. The flu season is now fully upon us so please keep the following guidelines in mind when deciding whether or not to send your child to school.

This will help to control the spread of the flu virus at school and allow your child to be available for learning.

Influenza (the flu) is an infectious respiratory disease caused by a virus. When children are in a group, they are more likely to contract the virus. Influenza can cause serious illness that may result in hospitalization. Children, who have compromised health conditions, are at a higher risk for contracting the virus. Therefore, it is important for us to work together to protect the children in our care.

The single best way to protect children from the influenza virus is to get vaccinated each year. Here are some ways we can work together to promote health and wellness.

- Eat good foods, exercise and get enough sleep.
- It's highly recommended that everyone get vaccinated annually.

Students should remain home for the following reasons:

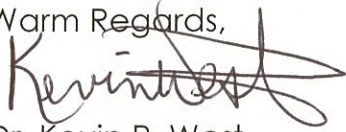
- A temperature 99.5 or greater than 100 degrees.
- Symptoms of: coughing, wheezing, runny nose, sneezing, body ache and appearing lethargic.

TIPS for Care of the Child at Home:

- Use good hygiene – wash hands frequently.
- Cover cough and sneezes with a disposable tissue and discard separate from regular trash.
- Encourage the child to cough/sneeze into the crook of the forearm, when no tissue is readily available.
- Avoid close contacts with those not suffering from flu-like symptoms.
- Drink plenty of water to hydrate the body.
- Eat good foods and get enough sleep.
- Call the doctor and follow his/her instructions.

Thank you for your time and attention to this very important matter.

Warm Regards,



Dr. Kevin R. West,
Superintendent of Schools

C: Dr. Deborah Harvest, Assistant Superintendent
Ms. Tonya Santos, Director
Ms. Yvonne Wilson-Jones, RN, Supervising Nurse
Principals
File