

East Brunswick Public Schools

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Dear Parents/Guardians/Staff:

There has been continued coverage in the news about H1N1. As we are approaching the start of a new school year it is expected that there will also be Seasonal Influenza in our community. East Brunswick Schools are continuing to follow all recommended guidelines from the Middlesex County Health Department and New Jersey State Department of Health.

Influenza Like Illness (ILI) refers to flu like symptoms regardless of the type of flu. Treatment for flu is also the same whether H1N1 or seasonal flu.

Any student with flu like symptoms (fever greater than 100 degrees and sore throat/cough or other flu like symptoms) are required to stay home at least 24 hours after they no longer have fever, without using fever-reducing drugs.

The Center for Disease Control (CDC) recommends the following:

- Stay home if you have flu like symptoms, especially with a fever.
- Wash your hands with soap and water for 20 seconds (singing the Happy Birthday song twice), especially after you cough or sneeze. If soap and water is not available use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Cover your nose and mouth with a tissue when you cough and throw the tissue in the trash after you use it.
- Teach your children not to share personal items (drinks, utensils, water bottles)
- Avoid contact with sick people.

Since this is an evolving event and changes frequently, the primary point to remember is if anyone (you, children, or other family members) display flu like symptoms, please stay home and reduce contact with others. We are also strongly recommending consulting your physician for the Seasonal Flu Vaccine. For further information on flu prevention refer to the district webpage.

It will be important to have well children and staff in school and children and staff who exhibit flu like symptoms at home. Our goal is to be proactive and keep our children and overall community healthy.

Yours truly,

Jo Ann Magistro, Ed.D.
Superintendent