



White Township Consolidated School
565 County Route 519
Belvidere, NJ 07823
Phone: 908-475-4773 FAX: 908-475-3627
<http://www.whitetwpsd.org>

William Thompson
Chief School Administrator


Dawn Huff
Business Administrator

January 2019

Dear Parents:

Since the flu season is upon us, we would like to provide you with important information concerning the influenza virus. In order to prevent the spread of the flu, please keep your child home if sick and especially if running a fever. Keep your child home from school for at least 24 hours after their fever is gone without using a fever reducing medication like Tylenol. When calling in your child absent, please provide what their symptoms are and if they are running a fever. The school continues to take necessary measures to disinfect and clean the school. Please call me if you have any questions or concerns.

Flu Information

Is it a cold or flu?		
Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

Protection and Prevention

- Vaccination is recommended for everyone 6 months and older. **It's not too late to get a flu shot.**
- Stay away from people who are sick. Stay at home if sick and running a fever.
- Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
- Avoid touching your eyes, nose and mouth.
- Wash hands often with soap and water.

Sincerely,

Justine Mahon, RN, BC, CSN
School Nurse