



Midland School #1

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December 15, 2022

Dear Parents/Guardians,

As we hit the halfway point of December, we find ourselves in the midst of cold and flu season. This letter is to inform you that there are currently several positive cases of Influenza A throughout Midland School. These cases are considered an *'outbreak'* as defined by the NJ Department of Health: "Three or more individuals among students or staff with illness onsets within a 3-4 day period, who are epidemiologically linked, and do not share a household."

Due to this development, we are asking parents/guardians to closely monitor your child for signs and symptoms of the flu. Symptoms can include, but are not limited to, fever, body aches, headache, cough, chest discomfort, and sometimes sore throat, sneezing and nasal congestion. Influenza can cause diarrhea, vomiting and abdominal pain, especially in younger children. Should your child begin to experience any of these symptoms please keep your child home from school and contact our school nurse Ms. Maria Geiselhart via email mgeiselhart@rochellepark.org.

We encourage members of our community to continue following the Centers for Disease Control & Prevention promoted safeguards, such as:

- Staying home when you are sick;
- Washing hands often with soap for at least 20 seconds;
- Covering coughs and sneezes and properly disposing of tissues;
- Limiting close contact with people who are sick and not sharing food, drinks and utensils
- Getting a flu shot. It's not too late.

The District continues to coordinate closely with public health officials to assure the health and safety of our community. Cleaning and disinfecting of all exposed and frequently touched areas continues. The school is also taking precautions to prevent the introduction and spread of viruses and other germs.

Please know the health and safety of each member of our community is our priority. Your support and cooperation is most needed and appreciated. Please continue to partner with us by remaining vigilant and sensible in your approach to navigating through this time. Please remain safe and healthy.

Sincerely,

Maria A. Geiselhart, BSN, RN, CSN-NJ
School Nurse