

Ridge School
325 W. Ridgewood Avenue
Ridgewood, New Jersey 07451
(201) 670-2740
www.ridgewood.k12.nj.us

Dear Parents/Guardians:

As you may have been hearing, the CDC (Center for Disease Control) has expressed a significant level of concern with regard to the flu this season. I would like to remind you of the important steps that we all should take to address the spread of viruses. In addition to discussing the flu vaccine with your physician, following these guidelines is your best defense against the spread of a virus:

- Wash hands often with soap and water
 - Avoid touching eyes, nose or mouth
 - Avoid close contact with those who are already sick
 - Get plenty of sleep
 - Eat healthy food and drink plenty of fluids
 - Cover nose and mouth when coughing or sneezing with a tissue or the crook of your arm
 - Stay home from school if ill until at least 24 hours have passed without fever (100 degrees and over).
- (Please do not give your child Tylenol or Advil and allow him or her to return to school. These medications lower fever but do nothing to control the cause.)

For further guidance in helping to prevent the spread of communicable diseases, I refer you to the NJDOE website for supplementary resources: <http://www.state.nj.us/education/students/safety/health/cdpr/>.

If you have any questions or concerns, please feel free to contact me:

Colleen Manke, School Nurse
201 670-2740 Ext: 2

“Maximizing the unique potential of every learner.”