

HAZLET TOWNSHIP PUBLIC SCHOOLS



Office of Special Services

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Dear Parents,

New Jersey is in the midst of flu season.

Please be advised that the Hazlet Township Public School District has been in contact with the Monmouth County Department of Health in reference to increased instances of the influenza virus in our schools.

The flu is a contagious respiratory illness caused by influenza viruses that infects the nose, throat, and lungs. It can cause mild to severe illness.

The flu virus is spread mainly by coughing or sneezing. Periodically, a person may also contract influenza by touching a surface or object that has the flu virus on it.

If your child complains of the following symptoms please keep him/her home and contact your healthcare provider:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms

If you suspect your child has influenza, keep your child at home until they are free of any of the above symptoms for 24 hours.

The best way to prevent the flu is by getting a flu vaccine each year. Strict observance of good hand hygiene is another effective means of preventing the spread of infection. Additionally, our custodial staff has continued to work diligently to disinfect classrooms and surfaces according to the schools' protocol.

Additional information about influenza can be obtained from:

<https://www.cdc.gov/flu/pdf/freeresources/updated/a-flu-guide-for-parents.pdf>

<https://www.cdc.gov/flu/school/qa.htm>

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