

Influenza has arrived in Bergen County. A recent study found that between 3% and 11% of the U.S. population will have symptomatic flu illness. The best way to prevent flu is by getting a flu vaccine each year. Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people that are nearby. Less often, a person might touch a surface contaminated with flu virus and then touch their own mouth or nose. School is the perfect environment for such a virus to spread. The CDC recommends everyday preventive actions like staying away from sick people, covering coughs and sneezes and frequent hand washing.

PLEASE DO NOT SEND SICK CHILDREN TO SCHOOL. THEY WILL BE SENT HOME.

Please remember to dress your children appropriately for the weather. Depending on the weather, recess will be outdoors.

Thank you for your cooperation.