

To: District Parents/ Guardians

Re: Flu or Influenza

Date: February 2017

The flu is currently widespread in NJ and across the nation. There are students in both schools who have had flu-like symptoms and/or were diagnosed with influenza. We are providing you with the following information to help guide your health care decision-making for you or your family.

Note: Students must be fever free, without medication for 24 hours before returning to school.

Health Care Decision Chart: Flu

These guidelines may help you make an informed health-care decision.

Also, contact your doctor or **primary-care practitioner (PCP)** for health-care advice.

<p>SITUATION: ADULT OR CHILD The person does not have a fever (temperature less than 38°C or 100.4°F), but does have these symptoms:</p> <ul style="list-style-type: none"> • Sore throat • Runny nose • Stuffy nose • Cough 	<p>DECISION: Probably a cold. Rest at home.</p>
<p>SITUATION: ADULT OR CHILD The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:</p> <ul style="list-style-type: none"> • Cough • Headache • Sore throat • Muscle aches • Significant fatigue 	<p>DECISION: Probably the flu. Rest at home. Consult with your doctor/PCP</p>
<p>SITUATION: ADULT OR CHILD AT RISK OF COMPLICATIONS The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications (children under 2 years of age, seniors, pregnant women, and individuals with chronic diseases).</p> <p>SITUATION: ADULT OR CHILD A fever and one of these symptoms:</p> <ul style="list-style-type: none"> • Shortness of breath • Vomiting for more than four hours • Difficulty breathing • Fever in a child who is too quiet and less active than normal. • Painful breathing 	<p>DECISION: See your doctor/PCP today.</p>
<p>SITUATION FOR AN ADULT OR CHILD The person has a fever over 38°C (100.4°F) and one of the following:</p> <ul style="list-style-type: none"> • Difficulty breathing that persists/worsens • Blue lips • Difficulty moving • Convulsions • Severe neck stiffness • No urination for 12 hours • Fever in an infant under 3 months' old • Drowsiness, confusion 	<p>DECISION: <u>Go to the hospital/medical center emergency room immediately.</u> Call 9-1-1, if necessary.</p>

Any questions please call your school nurse:

IEF: Ms. Ostrander 732-968-1052 ext. 3040 - GBMS Ms. Seracka 732-968-1051 ext. 2040