Dear Parents/Guardians,

**Why Wash Your Hands?**

Washing hands prevents illnesses and spread of infections to others.

- Reduces number of people who get sick with diarrhea.
- Reduces respiratory illness like colds in general population.
- Reduces absenteeism due to gastrointestinal illness in school age children.

Handwashing with soap could protect 1 out of every 3 young children who get sick with diarrhea and 1 out of 5 young children with respiratory infections like pneumonia.

**Reminder for all Pre School Students**

New Jersey State mandates that any child enrolled in preschool must get the flu shot by December 31, 2019 or they cannot return to school after winter break. Please make your appointment if you have not done so already! Any questions please call my office. Ext 5003

Happy Holidays!

Mrs. Murphy R.N.
School Nurse