Dear Parent/Guardians,

Winter is coming and the flu and cold season will be upon us.

WHEN IS SICK TOO SICK FOR SCHOOL?

- Keep your child home if running a temperature of 100 or greater.
- Your child is throwing up or has diarrhea.
- Eyes are pink and crusty.

Signs and Symptoms of Strep Throat:

- Sore throat starts quickly.
- Pain when swallowing.
- Fever.
- Red swollen tonsils.
- Tiny red spots on roof of Mouth.
- Swollen lymph nodes in front of neck.
- Typically Strep throat does not include cough, runny nose, hoarseness and conjunctivitis.

Please remind your children the importance of washing their hands to help prevent the spread of germs.

Reminder:

New Jersey State mandates that any child enrolled in preschool must get the flu shot by January 1, 2020 or they cannot return to school after break.

Mrs. Murphy
School Nurse