



BAYBERRY ELEMENTARY SCHOOL

113 BAYBERRY LANE

WATCHUNG, NEW JERSEY 07069

WWW.WATCHUNGSCHOOLS.COM

MRS. JILL DOBROWANSKY, PRINCIPAL

January 18, 2019

Dear Parents/Guardians,

Flu season is here, and we want to keep your children and the adults who care for them healthy. Influenza (“the flu”) is an infectious disease caused by a virus. When children are in a group with other children, they are more likely to get infectious diseases like influenza. Flu can cause serious illness that may result in hospitalization or death. Children with certain conditions are at a higher risk for flu complications. It’s very important for us to work together to protect the children in our care!

The single best way to protect against influenza is to get vaccinated each year. Yearly flu vaccination is needed because immunity against the flu wears off over time. In addition, the flu virus strains often change, so the vaccine also changes from year-to-year in order to match the flu viruses expected to be circulating in the community. To reduce the risk of becoming sick with influenza, everyone 6 months of age and up to 5 years of age, including child care staff, must receive the influenza vaccine. This critically important approach puts the health and safety of everyone in the child care setting first. Here are some ways we can work together to promote health and reduce illness.

Get Vaccinated for Seasonal Influenza Every Year

- A flu vaccine is the best way to protect against getting the flu.
- All people 6 months and up to 5 years of age need a flu vaccine each year.
- Pregnant women are at higher risk of severe illness from influenza. Flu shots may be given to pregnant women at any time during pregnancy. The flu vaccine will protect expectant mothers and their unborn babies and will help protect their baby in the first few months of life.

You may be interested to know that we recommend all of our staff to get vaccinated for the flu!

Use Good Hygiene

- Whenever children are together, there is a chance of spreading infections. This is especially true among infants and toddlers who use their hands to wipe their noses or rub their eyes and then handle toys or touch other children. In turn, these other children then touch their noses and rub their eyes so the virus now goes from the nose or eyes of one child (by way of hands or toys) to the next child who then rubs his own eyes or nose.

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Excellence on the Hill



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- As adults, we know how to wash our hands often with soap and water, especially after coughing, sneezing, or wiping noses. It's also important to cover your own mouth and nose with a tissue when you cough or sneeze and then wash your hands afterward. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose or mouth, as germs are spread this way. We work hard to maintain these practices, and we spend time teaching the children to do these things as well.
- Please help us by reinforcing these activities at home!

Is Your Child Too Sick to Go to School?

- When children are healthy, they can attend child care or school, and parents can go to work. Getting the flu vaccine is the best way to protect against the flu.
- Any child with respiratory symptoms (cough, runny nose, or sore throat) and fever should be excluded (kept home) from school for at least 24 hours after symptoms subside.

Attached is a copy of the Center for Disease Control overview of cold and flu symptoms. Should you have any questions, please contact Mrs. Trudy Matrunich at (908) 755-8184 or via email, tmatrunich@watchungschools.us

Respectfully,

Jill Dobrowansky
Principal/K-4 Curriculum Coordinator

Trudy Matrunich
School Nurse