



## Old Bridge Township Public Schools

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January 30, 2018

Recently we have seen numerous cases of students who have stayed home or have been sent home from school for fevers with coughs, nausea, vomiting, diarrhea and/or congestion. Measures have been taken at the school to increase the continual cleaning of the school building and frequent hand washing has been encouraged. **You can assist us in keeping your child and others healthy. YOU ARE AN INTEGRAL PART IN HELPING TO PREVENT THE SPREAD OF ANY ILLNESS.**

Please consider the following:

1. **Students should remain home from school for 24 hours AFTER they have experienced vomiting or diarrhea.** They should be able to eat breakfast, lunch and dinner BEFORE returning to school. *This means that if they vomited during the night or at breakfast, they should NOT be sent to school.*

2. **If your child experiences a fever of 100 or above they should remain home from school for 24 hours AFTER they are fever free.** This means they should not use any fever reducing medication for 24 hours before they can return to school. If you medicate your child before sending them to school, the medication wears off in 4-8 hours and the fever often returns.

3. **If your child has a cold or upper respiratory infection and they are not able to cover their mouth and/or take care of their own body fluids, they should not come to school.** In addition, they should not attend if they have a disruptive, excessive, and/or productive cough.

4. **Your child will be sent home from school if they appear to be a hazard to the health of OTHERS and/or if they are unable to function in class.**

5. **If you think your child is getting sick, keep them home and OBSERVE them.** Children who come to school pass their germs to their friends, who then pass it to the class, and then to their siblings.... until your child brings it back home to you!

6. **Just because your child doesn't register a fever does not mean that they are not sick.** Please consider this before making your decision to send them to school. Observe their behavior and appetite as these can be real indicators to your child's feelings.

7. **Encourage and practice good hygiene habits:**

- Covering up a cough or sneeze in a tissue or the inside of your elbow and frequent hand washing are the excellent ways to prevent the spread of germs.
- Throw the tissue in the trash after you use it, and wash your hands.
- Wash your hands often with soap and water.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- If you get influenza like symptoms, stay home from work/school and limit contact with others to keep from infecting them.

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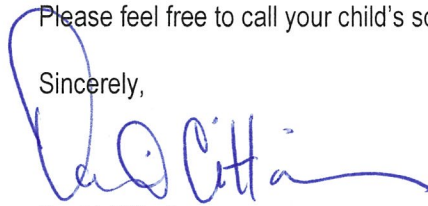
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8. Follow the State of NJ Guidelines for isolating your child from others in the event of flu-like symptoms: <http://www.state.nj.us/health/>

Your child can return to school when the symptoms have cleared, are 24 hours fever free off fever modifying medication and/or with a clearance note from your physician. As always, thank you for your cooperation in helping to keep your children, the students and staff healthy. Please continue to use your good judgment in isolating your child from others whenever they exhibit ANY signs of illness.

Please feel free to call your child's school nurse with any questions.

Sincerely,



David Cittadino  
Superintendent of Schools

DC/kk