



SOUTH BRUNSWICK HIGH SCHOOL

ELAINE McGRATH – ATHLETIC DIRECTOR,
SUPERVISOR OF NURSING K-12

Dear Parent/Guardian,

Peter Varela
Principal

Jaymee Boehmer
Assistant Principal
for Academic Leadership

Susana Nikitzuk
Assistant Principal
Class of 2018 &
Guidance

Emanuel Caravano
Assistant Principal
Class of 2019

Michael Scheese
Assistant Principal
Class of 2020

Yoshi Donato
Assistant Principal
Class of 2021 &
James Kimple Center

Flu season is here. Currently, flu activity across the state and throughout the county is high. Although at this time, the illness trends within our district schools have not shown a significant increase, it is important to be proactive and educate ourselves. So below is some information you may find useful.

Flu symptoms can include fever (temperature above 101), headache, body aches, weakness and feeling extremely tired. If you or your child should experience these symptoms please contact your health care provider at the start of illness. Medications may be provided to reduce the severity of symptoms and possibly the length of illness. Symptoms of the flu can last for several days and up to 2 weeks.

Students and staff are reminded of the following steps to protect their health:

- Cover your mouth and nose with a tissue (or upper arm) when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

Please call the school attendance line when your child is out sick. Report the specific reason for the absence. Identify your child's illness such as fever or no fever, cough, sore throat, vomiting, diarrhea. By reporting the specific symptoms the district can track illness trends. As a reminder, students should be fever free for 24 hours without fever reducing medication, such as Tylenol or Motrin, before returning to school.

For more information regarding cold vs. flu please view the web sited below

- [Flu Information](https://www.cdc.gov/flu/keyfacts.htm) (<https://www.cdc.gov/flu/keyfacts.htm>)
- [Cold Vs Flu](https://www.cdc.gov/flu/about/qa/coldflu.htm) (<https://www.cdc.gov/flu/about/qa/coldflu.htm>)

Elaine McGrath
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