



Clark Public Schools

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Dear Parents/Guardians,

As I am sure you are well aware, this year's flu season has been accompanied by an unusually large amount of cases, many of which have been severe ones, throughout our state and nation. However, we have been very fortunate not to see an associated significant increase in student and staff absences throughout our schools here in Clark. With that being said, we want to be proactive in our approach with the hope of maintaining the good health of our school community. For example, we have been in communication with Pritchard Industries, the company that is responsible for our custodial services, so that their daily and nightly cleaning is done with even extra diligence. In addition, we have posted some helpful information for avoiding the flu on our district website at the below link.

[Everyday Preventive Actions](#)

Below are some additional everyday tips for slowing the spread of the flu and other infectious diseases.

1. Consider getting a flu vaccination.
2. Cover your nose and mouth with a tissue when coughing or sneezing and then immediately throw the tissue in the trash basket. Cough or sneeze into your elbow if a tissue is unavailable.
3. Wash your hands often with soap and warm water. If soap and warm water are not available, use an alcohol-based hand sanitizer to wash as soon as possible.
4. Avoid touching your eyes, nose, and mouth since these body parts provide pathways through which germs can enter your body.
5. Try to avoid close contact with people who are sick.
6. If you are sick yourself with the flu or a flu-like illness, the Centers for Disease Control and Prevention (CDC) recommends that you stay home for at least 24 hours after your fever is gone. This time requirement is part of our district policy.
7. While sick, limit your contact with others as much as possible to keep from infecting them.

I hope you find the information above to be helpful and wish for the remainder of this winter to be healthy for you and your family. If you have any questions or would like any additional information, please do not hesitate to contact your child's school nurse.

Yours sincerely,

Edward Grande

