

January 24, 2020

Dear Parents and Guardians,

We have several confirmed cases of Flu Type B, across ALL grade levels in the building. This is the strain that is not always prevented by the flu vaccine, and can be very dangerous if not treated promptly. Please be vigilant with your children and get them to a doctor immediately if they have any of the following symptoms (taken from the CDC website):

- **fever** or feeling feverish/chills.
- **cough.**
- sore throat.
- runny or stuffy nose.
- muscle or body aches.
- headaches.
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

Finally, please remember that **students must be completely symptom-free WITHOUT the help of over the counter OR prescription medication for a full 24 hours** before they can return to school. If you have any questions please contact Nurse Lisa at [nurselisa@sttaob.com](mailto:nurselisa@sttaob.com) or at 732-251-4000 ext. 8230. Thank you in advance for helping to keep the students and staff of St. Thomas the Apostle School healthy!