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Dear Parents:

As you are aware from the media, large numbers of people across the United States have been diagnosed with influenza. Many of you may already know someone who has been affected. In light of this, I am writing to encourage you to be on the lookout for any symptoms of influenza in your child or family members. The following is a list of the most common influenza symptoms:

- 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.

Influenza is known to be highly contagious. The staff at your child's school continues to take every precaution to make sure your child is learning in a clean and safe environment. We ask that you do the same at home by encouraging hand washing at appropriate times. If your child becomes ill with any of the symptoms listed above, please keep him or her home from school and consult with your health care provider for how best to treat the illness and speed up his/her recovery.

[A flyer created by the Center for Disease Control has important information about influenza.](#) If you should have any questions regarding influenza and/or other health issues, please contact the nurse at your child's school.

Sincerely,  
Barbara Kase-Avner  
Lead Nurse, Cherry Hill Public Schools