

ISLAND HEIGHTS SCHOOL DISTRICT

115 Summit Avenue, P.O. Box 329

Island Heights, NJ 08732

Tel. (732) 929-1222

Fax (732) 929-9563

www.islandheights.k12.nj.us

TIMOTHY J. REHM

Superintendent of Schools



FRANK FRAZEE

Business Administrator

LIL BRENDEL

Board Secretary

March 9, 2020

Dear Parents/Guardians:

The following are the most common recommendations by the Centers for Disease Control and Prevention (CDC) for preventing the spread of the flu, coronavirus, and other viruses:

- Keep children home when they are sick, especially if they present with fever (above 100 degrees Fahrenheit, or 37.7 C). Children should be fever-free (without fever-reducing medication) for at least 24 hours before returning to school.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Without a tissue, cough or sneeze into your sleeve, not your hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Get a flu shot – it is not too late to be protected.
- Encourage a “do not share” rule this season: food, drink, lip balm, pencils, etc.

The district will remain vigilant in ensuring our building is sanitized. We will continue to monitor information provided by the CDC about cases of the coronavirus within the United States and are following current guidance provided by the New Jersey Department Education and the New Jersey Department of Health. We will post any updated information that we receive from these agencies on our district website.

The Department of Health recommends that all families with a child who (within the past two weeks) has traveled to an area of the world highly impacted by the coronavirus, to please contact their child’s principal and/or school nurse prior to sending their child back to school.

Please do not hesitate to call your child’s school nurse with any questions. Thank you for your cooperation in this matter.

Sincerely,

Timothy Rehm

Superintendent