

Mountview Road School Health Office

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Mary Dello Russo, Nurse Secretary

October 10, 2014

Dear Parents and Guardians,

The Enterovirus-D68 virus, which has been receiving media attention, is a virus that can cause mild to severe respiratory symptoms and can be potentially dangerous to children. Symptoms of Enterovirus-D68 include runny nose, sneezing, coughing, body aches and sometimes fever. Like cold and flu viruses, it can be spread through close contact with a person who is already infected, and/or by touching contaminated objects or surfaces.

There have been no confirmed cases of Enterovirus-D68 in the Hanover Township School District; however, as we enter cold and flu season, we wanted to send a reminder about precautions students and parents can take protect yourself from EV-D68 and other viral infections.

1. Wash hands often with soap and water for 20 seconds (sing the Happy Birthday song twice). Hand sanitizer is NOT effective against enteroviruses!
2. Avoid touching eyes, nose and mouth with unwashed hands.
3. Avoid sharing cups or eating utensils, and kissing or hugging, with people who are sick.
4. Use a tissue to cover your mouth and nose when coughing or sneezing or use the inside of your elbow.
5. Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
6. For all children, take advantage of self-protection and get the flu vaccine.
7. Encourage children to get plenty of rest, eat well and stay hydrated.

If your child has a history of asthma, the following steps are important to follow:

1. Follow your child's asthma action plan to maintain control of the asthma and use medications as prescribed.
2. Have all asthma medications available at home and in school, as ordered in your child's asthma action plan.
3. Call your primary care provider in the event of worsening asthma symptoms. Some children have required hospitalization for more severe symptoms and difficulty breathing.

As always, the school will be extra diligent in cleaning and disinfecting frequently touched surfaces such as doorknobs, desktops, etc. **Most importantly, if your child is ill, please keep them home until they are symptom/fever free for 24 hours.**

For more information please refer to these websites: www.state.nj.us/health/ and www.cdc.gov. As always please call my office 973-637-1552 with any concerns.

Looking forward to a healthy school year!

Mary Conner, RN BSN CSN