

HOLLAND TOWNSHIP SCHOOL DISTRICT

Mrs. Stephanie Snyder, Superintendent & Supervisor of Special Services
Mrs. Susan Wardell, Principal/Curriculum & 504 Coordinator

908-995-2401
www.hollandschool.org

January 5, 2024

Dear Parents/Guardians:

Throughout the community there has been an increase in respiratory illnesses. These illnesses can be spread easily from person to person. We are taking steps to reduce the spread of illness in our school, such as comprehensive cleaning and sanitizing. We work closely with the Hunterdon County Health Department and the NJ Department of Health to monitor and make decisions about prevention and treatment.

Here are some things parents/guardians can do to help: ·

Teach your children to wash their hands often with soap and water or an alcohol based hand sanitizer. ·

Teach your children not to share personal items like drinks, food, or unwashed utensils. Cover their sneezes and coughs with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable. ·

Know the signs and symptoms of the flu, RSV and COVID 19. Symptoms include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and fatigue. Some people may also vomit or have diarrhea. ·

KEEP SICK CHILDREN AT HOME for at least 24 hours after they no longer have a fever or do not have signs of fever, without using fever reducing medications. Keeping children with a fever at home will reduce the number of people who may get infected. ·

DO NOT SEND CHILDREN TO SCHOOL IF THEY ARE SICK. Any children who are determined to be sick while at school **will be sent home.**

For more information visit www.cdc.gov.

[QUESTION - IS IT COVID-19, THE FLU, A COLD, ALLERGIES, OR ASTHMA FACT SHEETS IN ENGLISH AND SPANISH 10-6-21.pdf](#)

Be Well,



Stephanie Snyder
Superintendent