



Olga Hugelmeyer  
Superintendent of Schools

Diana Pinto-Gomez  
Director of Special Services

June 2019

Dear Parent/Guardian,

Please be advised that the State of New Jersey, Department of Health Services, has changed several immunization requirements. All children attending licensed childcare centers and preschools are **required** to receive an annual flu vaccination.

If you currently do not have medical insurance, you may qualify for services at the free immunization clinics throughout the city. For your convenience, attached is a fact sheet that addresses flu vaccination information.

According to state mandates, students attending school must provide the following:

1. Proof of the vaccine

Please provide proof of your child's required immunization as soon as possible and no later than December 20, 2019. Students who do not have the required documentation will be excluded from school as of January 2, 2020.

Sincerely,

*Diana Pinto-Gomez*

Diana Pinto-Gomez  
Director of Special Services

VAD:nm  
Attachment

**Division of Special Services**

## Influenza: Questions and Answers

### *Information about the disease and vaccines*

#### **What causes influenza?**

Viruses cause influenza. There are two basic types, A and B. Their genetic material differentiates them. Influenza A can cause moderate to severe illness in all age groups and infects humans and other animals. Influenza B causes milder disease and affects only humans, primarily children. Subtypes of the type A influenza virus are identified by two antigens (proteins involved in the immune reaction) on the surface of the virus. These antigens can change, or mutate, over time. When a "shift" (major change) or a "drift" (minor change) occurs, a new influenza virus is born and an epidemic is likely among the unprotected population.

#### **How does influenza spread?**

Influenza is transmitted through the air from the respiratory tract of an infected person. It can also be transmitted by direct contact with respiratory droplets.

#### **What are the symptoms of influenza?**

Typical influenza disease is characterized by abrupt onset of fever, aching muscles, sore throat, and non-productive cough. Additional symptoms may include runny nose, headache, a burning sensation in the chest, and eye pain and sensitivity to light. Typical influenza disease does not occur in every infected person. Someone who has been previously exposed to similar virus strains (through natural infection or vaccination) is less likely to develop serious clinical illness.

#### **What is the best way to prevent influenza?**

The best way to prevent influenza is with annual vaccination.

#### **Who should get influenza vaccine?**

Many groups of people can benefit from being protected from influenza.

Annual vaccination with inactivated vaccine is recommended for the following groups:

- All persons, including school-age children, who want to reduce the risk of becoming ill with influenza or of transmitting influenza to others
- Everyone age 50 years or older
- All children age 6-59 months
- Residents of long-term care facilities, nursing homes, and other chronic-care facilities
- Adults and children who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological or metabolic disorders (including diabetes mellitus)
- Anyone who has a condition (e.g., spinal cord injury or seizure disorder) that can affect their ability to cough out their respiratory secretions or that can increase the risk for aspiration
- Anyone whose immune system is weakened because of the following: HIV/AIDS or other diseases that affect the immune system, long-term treatment with drugs such as steroids, or cancer treatment with x-rays or drugs
- Children and adolescents age 6 months-18 years on long-term aspirin treatment (who could develop Reye's syndrome if they catch influenza)
- Women who will be pregnant during the influenza season
- Healthcare personnel
- Healthy household contacts (including children) and caregivers of children younger than age 5 years and/or adults age 50 years and older
- Healthy household contacts (including children) and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza

The live nasal spray vaccine may only be used in healthy, non-pregnant persons age 2 through 49 years. Children younger than age two years, persons age 50 and older, and anyone with a chronic medical condition (listed above) should receive inactivated influenza vaccine (injectable), NOT live influenza vaccine.



# ELIZABETH PUBLIC SCHOOLS

*Every Child, Achieving Excellence*

Students in the Elizabeth Public Schools shall have an annual physical examination performed at least one time during each developmental stage. **Parents are encouraged to take their children to their private physician.** The report of such private examination must be recorded on the health record of the Elizabeth Public Schools. The forms may be obtained by request from the school nurse. The school physical includes a genitalia exam for boys completed by the school physician.

Physical examinations begin in September. By law, every student between the ages of 10 and 18 is screened for scoliosis every two years. Parents are invited to be present and, if interested, are requested to notify the school in order that the school nurse may inform parents of the examination schedule. Unless your child's school nurse is notified to the contrary, it will be understood that your child may be given any of the following screenings: height, weight, BMI (body mass index), vision, hearing, scoliosis, and blood pressure. New Entrants must provide documentation of a physical examination within a current calendar year.

**If your child has any type of medical condition, please inform the school nurse as soon as possible.**

The dispensation of medication is normally not a function of education. In the event your child has to receive medication in school, e.g., antibiotics for a short time, the following guidelines are enforced:

1. **Medication should be hand delivered to the school nurse via parent or guardian.**
2. **Medication should be in the original container appropriately labeled by the pharmacy or physician.**
3. **Under no circumstances will over-the-counter medication be administered by the school nurse.**

If your child has to receive prescription medication for a chronic illness, please see the school nurse for the necessary forms to be filled out.

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**If your child has any type of medical condition, please inform the school nurse as soon as possible.** In the event of an emergency, it is imperative that we have an emergency telephone number to contact you. Please fill in the following portion and return it to the school nurse immediately.

**EMERGENCY INFORMATION**

Name of Student	Grade	Room Number
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Address	Telephone Number	Cell Phone Number
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Father's Name	Business Address & Telephone Number	Email Address
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Mother's Name	Business Address & Telephone Number	Email Address
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**IF WE ARE UNABLE TO CONTACT PARENTS, PLEASE LIST FRIENDS WHOM YOU AUTHORIZE US TO CONTACT IN CASE OF AN EMERGENCY.**

Name	Relationship	Address	Telephone Number	Cell Phone Number
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Name	Relationship	Address	Telephone Number	Cell Phone Number
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Does your child have health insurance?

Yes \_\_\_\_\_ If Yes, name of insurance company \_\_\_\_\_  
 No \_\_\_\_\_ NJ FamilyCare provides free or low cost health insurance for uninsured children and certain low income parents. For more information, please call 1.800.701.0710 or visit [www.njfamilycare.org](http://www.njfamilycare.org) to apply online.

You may release my name and address to the NJ FamilyCare Program to contact me about health insurance.

Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_



## NOTICE REGARDING PHYSICALS

Due to change in the New Jersey Administrative Code (N.J.A.C. 6A: 16-22) “each student medical examination shall be conducted at the medical home [student’s family physician or healthcare provider] of the student.” For example, the student’s physician or nurse practitioner/clinical nurse specialist may be acceptable.

Students should be examined at least one time during each developmental stage at early childhood (pre-school through grade three), pre-adolescence (grades four through six), and adolescence (grade seven through 12). All physical examinations must be done in the medical home of the student.

If a student does not have a medical home (doctor), the school physician will perform the student medical examination in a district school health office, **after the parent/guardian signs the form that they do not have a family physician or healthcare provider.**

\_\_\_\_\_ Student’s Name \_\_\_\_\_ Grade/ID Number

\_\_\_\_\_ will receive a physical from family physician or healthcare provider.

\_\_\_\_\_ we do not have a private physician and will need a physical exam completed by the District.

\_\_\_\_\_ Parent/Guardian Signature

\_\_\_\_\_ Date