

# EDUCATIONAL SERVICES COMMISSION OF NEW JERSEY

<http://www.escnj.us>

1660 Stelton Road, Piscataway, NJ 08854  
Telephone: (732) 777-9848 ♦ Fax: (732) 777-9855

Mark J. Finkelstein  
*Superintendent*

Gary E. Molenaar  
*Assistant Superintendent*



Patrick M. Moran  
*Business Administrator/  
Board Secretary*

**To:** Parents/Guardians

**From:** Mark J. Finkelstein  
Superintendent

**Date:** March 6, 2020

**Re:** Covid-19 (Coronavirus)

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As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in the ESCNJ schools and programs. We want to keep our schools open to students and functioning in a normal manner during this flu season, however, we need your help to do this.

We are working closely with the Middlesex County Department of Health Services and the Middlesex County Office of Education and, in addition, are continually monitoring state and federal health agencies to receive current bulletins, updates, and reports on seasonal flu and Covid-19/Coronavirus conditions. These measures are being undertaken to ensure that the best possible decisions are made and appropriate courses of action are taken concerning the health and safety of our students.

At this time, we are doing everything we can to keep our schools functioning as usual. This includes paying special attention to the daily maintenance and cleaning operations at all of our schools, with a special emphasis on shared areas such as doorknobs, desks, railings, and faucets.

Here are a few things that you can do to help.

- Teach/help your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- Teach/help your children not to share personal items like drinks, food, or unwashed utensils.
- Teach/help your children to cover their coughs and sneezes with tissues and to dispose of them properly. If a tissue is not available they should cover up their coughs or sneezes using the elbow, arm, or sleeve instead of the hand.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have

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diarrhea. If your child is at risk for complications from the flu, call your health care provider at the first signs of influenza-like illness.

- Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. 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 found to be sick while at school will be sent home.

If the flu becomes more severe, we may take additional steps to prevent the spread such as:

- conducting active fever and flu symptom screening of students and staff as they arrive at school,
- making changes to increase the space between people such as moving desks farther apart and postponing class trips, and
- dismissing students from school for at least 7 days if they become sick.

Stay informed. Listen to reliable and trustworthy sources of information on radio and TV, or visit the following websites:

What you need to know about coronavirus disease 2019 (COVID19):

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

What to do if you are sick:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/what-you-should-do.pdf>

Stop the spread of germs – help prevent the spread of respiratory viruses like COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

You may also wish to call 1-800-CDC-INFO for the most current information about the flu. We will provide updates as necessary and will notify you of any additional changes to our ESCNJ strategy to prevent the spread of flu.

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Patrick M. Moran  
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**To:** Padres/Guardianes

**From:** Mark J. Finkelstein  
Superintendente

**Date:** 6 de Marzo de 2020

**Re:** Codicioso-19 (Coronavirus)

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Como podrias saber, la gripe (Flu) se puede transmitir facilmente de persona a persona. Por lo tanto estamos tomando medidas para reducir la propagacion de la gripe (Flu) en las escuelas y programas de ESCNJ. Queremos mantener nuestras escuelas y programas abiertas a los estudiantes y funcionando de manera normal durante la temporada de gripe (Flu) sin embargo necesitamos su ayuda para hacer esto.

Estamos trabajando en estrecha colaboracion con el Middlesex County Departamento de Servicios de Salud y la Oficina de Educacion. Adicionalmente estamos monitoreando continuamente las agencias de salud estatales y federales para recibir boletines actualizaciones e informes actuales sobre gripe (Flu) y Codicioso-19/condiciones de el Coronavirus. Estas medidas se estan tomando para garantizar que se toman las mejores decisiones posible y cursos apropiados de accion con respecto a la salud y seguridad de nuestros estudiantes.

En este momento estamos hacienda todo lo posible para mantener nuestras escuelas funcionando como de costumbre. Esto incluye prestar especial atencion a las operaciones diarias de mantenimiento y limpieza en todas nuestras escuelas, con especial enfasis en areas compartidas como pomas de puertas, escritorios, barandas y grifos.

Aqui hay algunas cosas que puede hacer pare ayudar.

- Ensene/ayude a sus hijos a lavarse las manos con frecuencia con agua y jabon o un desinfectante para manos a base de alcohol. Puedes dar un buen ejemplo haciendolo tu mismo.
- Ensene/ayude a sus hijos no compartir articulos personales como bebidas, alimentos o utensilios sin lavar.
- Ensene/ayude a sus hijos cubrir sus toses y estornudos con pauelos desechables y deshacerse de ellos adecuadamente. Si no hay un pauelo disponible, deben cubrirse la tos o los estornudos con el codo, el brazo o la manga en lugar de la mano.

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- Conozca los signos y síntomas de la gripe (Flu). Los síntomas de la gripe (Flu) incluyen fiebre, (100 grados fahrenheit, 37.8 grados Celsius or mayor), tos, dolor de garganta, secreción nasal, o congestión, dolor de cuerpo, dolor de cabeza y sentirse muy cansado. Algunas personas también pueden vomitar o tener diarrea. Si su hijo está en riesgo de complicaciones por la gripe(Flu), llame a su proveedor de atención médica a los primeros signos de una enfermedad similar a la gripe(Flu).
- Mantenga a los niños enfermos en casa durante al menos 24 horas después de que ya no tengan fiebre o no tengan signos de fiebre sin usar medicamentos antifebriles. Mantener a los niños con fiebre en casa reducirá la cantidad de personas que pueden infectarse.
- No mande a los niños a la escuela si están enfermos. Cualquier niño que se encuentre enfermo será enviado a su casa.

Si la gripe (Flu) se agrava, podemos tomar medidas adicionales para prevenir la propagación como:

- realizar una evaluación activa de los síntomas de fiebre y gripe (Flu) de los estudiantes y el personal cuando llegan a la escuela,
- haciendo cambios para aumentar el espacio entre las personas, como mover escritorios más separados y posponer los viajes de clase,
- despedir a los estudiantes de la escuela por al menos 7 días si se enferman.

Mantente informado. Escuche fuentes de información confiables y confiables en radio y TV, o visite los siguientes sitios web:

Lo que necesita saber sobre la enfermedad por coronavirus 2019 (Codicioso19):  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

Lo que hacer si estas enfermo:  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/what-you-should-do.pdf>

Detener la propagación de gérmenes – ayudar a prevenir la propagación de virus respiratorios como Codicioso-19:  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

También puede llamar al 1-800-CDC-INFO para la información más actualizada sobre la gripe (Flu). Proporcionaremos actualizaciones según sea necesario y le notificaremos sobre cualquier cambio adicional en nuestra estrategia ESCNJ para prevenir la propagación de la gripe (Flu).