



The Monmouth County Board of Health

Marianne Longobardi
President

3435 HIGHWAY 9
FREEHOLD, NEW JERSEY 07728-1255

TELEPHONE (732) 431-7456
FAX (732) 409-7579

Christopher P. Merkel, M.P.H.
Public Health Coordinator
and
Health Officer

Memorandum

To: School Administrators and Community Partners

From: Christopher P. Merkel, Health Officer

Date: January 31, 2018

Due to the severity of the current flu season, Monmouth County Health Department has put together the attached packet of information for your review.

We hope that you will consider placing the posters around your facility and posting the materials to your website.

Remember the key flu prevention messages:

1. Wash your hands thoroughly with soap, warm water and disposable paper towels.
2. Cover your cough
3. Stay home if you are sick

It is NOT too late to get the flu shot. Most of the severe flu cases and deaths across the country have been in people who have not received the flu vaccine. The vaccine while less effective this year still offers some protection.

Another important message is to direct those who are sick to their physician to evaluate whether they should receive antivirals.

If you have any questions please contact the Monmouth County Health Department at 732-431-7456.