

Sample Parent Letter #1

Prevention Letter

Dear Parents,

This letter will help your family prepare for a flu pandemic that could make many people sick. It is important to know that at this time, there is no pandemic flu of any kind in the United States. There is also no bird/avian flu in the United States at this time. Public health officials are worried the avian/bird flu virus may change so it can infect people and spread easily from person-to-person. This would cause a worldwide flu outbreak, called a pandemic. Public health officials want people to protect themselves against pandemic flu.

Here are some ways to protect your family:

- Keep children who are sick at home. Don't send them to school.
- Teach your children to wash hands a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.

Enclosed with this letter is a checklist to help families get ready for a pandemic flu outbreak. This information can also help your family get ready for any kind of emergency.

If you have questions, please contact your school nurse or healthcare provider. You can call the school at 207-876-3444.

You can get more information at: _____ or the _____.

The federal government website with information on planning for individual and families:
<http://pandemicfly.gov> or the American Red Cross <http://www.redcross.org>.