



**SAMPLE PARENT LETTER #2 FIRST CASE: Use this letter to help prepare parents for pandemic flu after first case is found in United States**

Dear Parents,

We want to remind you about some ways to protect your family from getting sick:

- People who are sick should stay home from work or school and avoid other people until they are better.
- 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. Hand washing is very important because influenza is spread from person to person by saliva or respiratory droplets through coughs, sneezes or surface contamination (desks, doorknobs, computers, etc.).
- Teach your children to cover coughs and sneezes with tissues or by coughing into their sleeve or 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.

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 hotline (INSERT NUMBER)**

**You can get more information from Three Rivers District Health Department:**

Visit online at [www.3rphd.org](http://www.3rphd.org) or call 402-727-5396; toll free 866-727-5396.

**The federal government website with information on planning for individuals and families:**

<http://www.pandemicflu.gov>

**American Red Cross**

<http://www.redcross.org>