

**SAMPLE PARENT LETTER#1**  
**Prevention Letter**

**Use this letter to help prepare parents for pandemic flu – before there is human pandemic flu in the U.S.**

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.

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 often 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 their 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 get more information from the Burlington County Health Department:**

Visit online at <http://www.co.burlington.nj.us/departments/health> or call the Health Department at 609-265-5548.

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

<http://www.pandemicflu.gov>

**American Red Cross**

<http://www.redcross.org>