



SCHOOL CITY OF HOBART

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Phone: 219-942-8885 Fax: 219-942-0081

<http://www.hobart.k12.in.us>

“Building College and Career Ready Brickies”

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Dear Parents,

Public health officials want people to protect themselves against flu and assist in preventing a flu outbreak.

Public health officials caution that the flu virus which has infected people in this country can spread easily from person-to-person.

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing (sing Happy Birthday song for the 20 second rule -twice for good measure). Alcohol-based hand cleaners are also effective.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
- **Get your family vaccinated** for seasonal flu when vaccines are available.

When you report your child off, please let us know the reason for not coming to school especially if it is flu-like symptoms.

Enclosed with this letter is information to help families from the Red Cross and the Centers for Disease Control and Prevention (CDC). **If you have questions, please contact your School Nurse or healthcare provider. You can call the school nurse at 942-8885.**

American Red Cross

<http://www.redcross.org>

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov>

U.S. Department of Health & Human Services

<http://www.flu.gov>

Sincerely,

Dr. Peggy Buffington
Superintendent

Mrs. Regina Guarnero
Coordinator of Student Health Services

Mr. Larry Juzwicki
Director of School Safety