**LETTER TO PARENTS AND STAFF MEMBERS**

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| **About letters to parents and staff members:**   * Do not send a letter unless the diagnosis has been confirmed by a lab test. * Do not send a letter without the CLSC nurse’s approval. |

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School or daycare: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Subject: The flu**

Dear parents and staff members,

Cases of the flu have been reported at the school or daycare. The symptoms include fever, chills, headache, muscle aches, fatigue, sore throat, runny nose and cough. Younger children may experience diarrhea, vomiting and abdominal pain.

For people at high risk of complications, the best way to avoid the flu is to get vaccinated every year. The flu shot is recommended for high-risk individuals, the people who live with them, and their informal caregivers.

Individuals considered at high risk of complications include: children under 6 months old; children or adults of any age who are immunocompromised or have an underlying medical condition (respiratory, cardiovascular or metabolic disease); pregnant women in their 2nd and 3rd trimesters; and seniors aged 75 and over.

We encourage them and their loved ones to get vaccinated.

High-risk individuals who are experiencing symptoms should see a doctor for treatment.

Bring this letter with you.

Thank you for your cooperation.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(block letters)

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tel. no.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_