



June 2, 2009

Dear Parents:

As you are aware, national, state, and county health departments are on alert concerning the spread of novel influenza H1N1. The Salt Lake Valley Health Department does advise that any child with flu-like illness, including fever, cough, or sore throat should stay home and if seriously ill, should contact their provider.

However, if your child is healthy, please send them to school.

Taking the following actions will protect your health:

- Cover your nose and mouth with a tissue when coughing or sneezing and then dispose of the tissue.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching eyes, nose, or mouth.
- Avoid contact with sick people.

You can find additional information for parents at <http://www.cdc.gov/h1n1flu/parents>. If you have questions, please contact your health care provider or call the Salt Lake Valley Health Department's Information hotline at 2-1-1 with information in English or Spanish.

Sincerely,

A handwritten signature in dark ink that reads "Dagmar Vitek". The signature is written in a cursive, flowing style.

Dagmar Vitek, M.D.
Deputy Director
Salt Lake Valley Health Department