

# Dear Parents and Guardians,

As we navigate through the flu season, we want to ensure the health and safety of our students. Here are some important recommendations for managing flu risks in our school community:

## 1. Encourage Vaccination

We strongly recommend that all students receive their annual flu vaccine. This is one of the most effective ways to protect against the flu.

## 2. Promote Good Hygiene Practices

Encourage your child to wash their hands regularly with soap and water for at least 20 seconds, especially after using the restroom and before eating.

## 3. Monitor Health Symptoms

Please keep your child at home if they exhibit flu-like symptoms such as fever, cough, sore throat, or body aches. Inform the school of any illnesses.

## 4. Maintain a Healthy Environment

Help us maintain a healthy classroom environment by ensuring your child has proper nutrition, hydration, and rest.

## 5. Communication

Stay informed about school updates regarding flu outbreaks and recommended health measures through our school communication channels.

Thank you for your cooperation and support in helping to keep our school community healthy during this flu season.

Sincerely,  
[Your Name]  
[Your Position]  
[School Name]