

SAMPLE NEWS RELEASE A

(Use this news release to encourage parents to keep sick children home.)

For Release: (DATE)

Contact: (Name and Phone Number)

Local Schools Urge Parents to Keep Sick Children Home

In an effort to help prevent the spread of flu, _____ Schools Superintendent _____ urged parents today to keep sick children at home and do not send them to school.

“Children who are sick with flu-like symptoms can be ‘super spreaders’ of influenza viruses and contribute to many more children and adults becoming ill,” _____ said. “Staying home when sick stops the spread of flu and helps the sick child get well.”

In particular, _____ said children should stay home if they have fever and cough or sore throat, runny or stuffy nose, body aches, vomiting or diarrhea. Parents should not send their child back to school until the child’s fever is gone for at least 24 hours without the use of fever-lowering medications.

_____ said parents should teach their children to prevent the spread of flu viruses by:

- Avoiding close contact with people who are sick.
- Covering coughs and sneezes with the crook of the elbow or tissue.
- Washing hands often with soap and water, or hand sanitizer if soap and water are not available.
- Avoiding touching the eyes, nose or mouth, which can spread germs.

“Parents should also make sure their child gets a flu shot when it is available,” _____ emphasized.

For more information about flu, contact the _____ County Health Department at (phone number) or visit these Web sites: <http://h1n1.health.ok.gov>. or www.flu.gov.

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