



180 Milan Ave, Suite 8, Norwalk, OH 44857 | P: 419-668-1652 | [information@huroncohealth.com](mailto:information@huroncohealth.com) | F: 419-668-0452

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Dear Huron County Parents,

Cold and flu season is upon us. Huron County Public Health (HCPH) is closely monitoring an increase in the number of students absent from schools throughout Huron County due to illness. In the past few weeks, we have seen that a greater number of students than expected have been either absent or sent home from school.

**To stop the spread of germs that can make you and others sick, please take the following precautions:**

- Practice good hand hygiene – wash your hands with soap and warm water for 20 seconds
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with people who are sick, and, if your child is sick, keep them at home
- Cover your mouth and nose when you cough or sneeze
- Clean and disinfect frequently touched surfaces, especially when someone is ill
- If symptoms persist or worsen, take your child to his or her primary care physician.



If you have any questions, feel free to contact Sydney Cmar, HCPH's Epidemiologist, at 567-244-3258.

**Remember:** you are the key to keeping our communities healthy and safe!

Sincerely,

Tim Hollinger, MPH

Health Commissioner



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