



DOMESTIC DEPENDENT ELEMENTARY AND SECONDARY SCHOOLS

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Office of the Director, DDESS/DoDDS-Cuba  
1 May 2009

Dear DDESS/DoDDS-Cuba Parents:

The World Health Organization has just initiated Influenza Alert Phase 5. This has heightened concern within our communities. We want to assure you that we have a plan of action to provide a protective environment for our students and staff and are working closely with medical authorities to monitor the situation.

We need your assistance to limit the impact of the flu. Here are a few things that parents can do to greatly enhance the prevention efforts:

- Have your child frequently wash hands and keep hands away from the mouth, nose, and eyes. For young children, a good guideline is to have them lather their hands for as long as it takes to sing the Happy Birthday song two times. When done correctly, hand washing is the single most effective way to prevent the spread of communicable diseases.
- Reinforce your children's awareness of cough and respiratory "etiquette procedures."
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them. Individuals should contact their local healthcare provider for follow-up.
- The following links are a good source of information about the flu and other contagious diseases:
  - The Center for Disease Control: <http://www.cdc.gov/swineflu/>
  - Comprehensive government-wide information on pandemic influenza; <http://www.pandemicflu.gov/>
  - World Health Organization (WHO): <http://www.who.int/en/>
  - Clean Hands Save Lives (CDC): <http://www.cdc.gov/cleanhands/>

We will continue to keep the community aware of health precautions being taken in the schools. For further information, please contact your school principal. Thank you for your continued support of our schools. Your child's health and safety continue to be a top priority.

A handwritten signature in cursive script that reads 'Elaine Beraza'.

Elaine Beraza  
Director DDESS and DoDDS Cuba