



---

---

# Staying Prepared

Dear Family,

Health officials have said that another “wave,” or outbreak, of flu could happen. This letter is to remind you of the importance of staying prepared. During the next outbreak of the flu, it is always possible that child care and early care centers, as well as school and some businesses, may have to close.

We encourage you to take this time, if possible, to restock your emergency and food supplies. This will help prepare your family for the possibility of another wave of pandemic flu.

If you or a family member gets sick, it may be difficult to be seen by a health care provider at any medical facility. Please let us know if you need additional copies of the **Preparing to Stay Home** checklist and/or **Home Care for the Flu** fact sheet.

Please remember to keep your **Family Emergency Contacts** list up-to-date and in an easy-to-find place. Also, please be sure the contact information we have for you is up-to-date. We will use it to list important information, to contact you if your child gets sick, and to let you know if the center must close. If you need to reach us, here are two ways you can contact the center:

---

---

For more information about the flu outbreak in our community or how to treat the flu, call your health care provider or visit the Los Angeles Public Health Department’s Website: [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov), or call 2-1-1 (800) 339-6993 (Los Angeles County Referrals).

Sincerely,