



Dear Parent,

This letter is just a friendly reminder that cold and flu season is fast approaching.

Continue to encourage your son or daughter to eat healthy, get good rest and exercise in order for their bodies to maintain a healthy immune system. In addition, remind them of good hand washing habits. We also recommend that your son or daughter get a flu shot at their earliest convenience in order to build immunity before the flu season is in full force. For a list of locations where the seasonal flu shot is available close to campus or for further information, please visit the Orange County Health Care Agency's website <http://ochealthinfo.com/public/home> or call them at (714) 834-4722.

We suggest you consult your doctor to see if your student needs any boosters for previous immunizations (such as Whooping Cough/Pertussis) or is in need of a meningitis vaccine. Living in close quarters makes illness prevention more difficult and we want to keep our students as healthy as possible. More information regarding the meningitis vaccine or disease, please see your doctor or call the Orange County Health Care Agency. More information can be found at the CDC website, www.cdc.gov.

We are following the Center for Disease Control's (CDC) guidelines handling all illnesses. If your son or daughter needs to miss classes for more than a week due to an illness please have them contact Dr. Beth Lorange in Disability Services at Beth.Lorange@vanguard.edu.

On another note, we know that it is important to have all of your son or daughter's information in one location so that it is readily available to you should you need it. We have created an Emergency Student Contact Sheet for you so you can have all the information at your finger tips. Fill out your son or daughter's information and file it in a safe place so you can access it if needed. We hope this is a helpful service to you.

Once again, I am pleased to assist you and your student as much as I possibly can. Feel free to contact me with any questions you may have and I will do my best to serve you well.

Sincerely,

Shelley Youd
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