

Dear Parent or Guardian,

Your teen's health class is currently learning about infectious diseases. This classification of diseases includes those that can be passed from one person to another, such as the common cold, measles, chicken pox, strep throat, and the flu. In addition to learning about the characteristics of specific common infectious diseases, students will examine how the body defends itself against diseases and what individuals can do to protect themselves from being infected by disease.

Some questions your teen will explore as we study this chapter are: *What causes infectious diseases? If the common cold can be prevented, why can't it be cured? How do communicable diseases spread? What defenses does the body have against disease? What are vaccines, and how do they help prevent the spread of diseases? How can I protect myself from infectious diseases?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to explain why viruses are one of the human body's worst enemies.
- Encourage your teen to identify the defenses (immunities) our bodies have against diseases. If available or applicable, show your teen his or her vaccination record. Discuss the positive health value of immunizations.
- Together, learn more about recent scientific developments in combatting infectious diseases.

Please plan other activities you think will help your son or daughter understand and practice health habits that prevent the spread of infectious diseases. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child's health education.

Sincerely,

Health Teacher