



**Park Nicollet**

# **COMMON SENSE FIRST WAVE OF DEFENSE AGAINST INFLUENZA**

*As students head back to school, a refresher course on halting the spread of germs is an important lesson*

## **Park Nicollet pediatrician dispenses advice on how to talk with children about preventing flu transmission**

- WHAT:** By next week Minnesota students will be back in class. One of their first lessons should be the basics of hand-hygiene and other measures to prevent the spread of H1N1 and seasonal influenza.
- WHO:** Ellen De Vries, MD, Park Nicollet Pediatrics, has advice for parents on how to talk with children about preventative measures we may take for granted: frequent hand washing, sneezing into the crook of your elbow, and not sharing food in the cafeteria or water bottles on the athletic field.
- WHEN:** September, select times. Dr. De Vries is also available for in-studio interviews.
- WHERE:** Park Nicollet Clinic-Burnsville  
14000 Fairview Drive  
Burnsville

**To arrange an interview, call Steve McCarthy at 952-993-6726  
or page 952-231-5029.**