



Date: _____

Elf's Name: _____

The Elf named above was examined at **CalvertHealth Medical Center** and has been diagnosed with a case of Reindeer Influenza.

This form of flu cannot be transferred to humans or pets, but precautions must be taken! Help prevent the spread of Reindeer Influenza by:

- Washing your hands often, especially if you sneeze or cough
- Covering your nose and mouth when you cough or sneeze
- Keeping your hands out of your eyes, nose and mouth

We order this Elf to three (3) days of bed rest. They are not to move locations, fly to the North Pole, drink syrup, eat candy canes, dance or partake in any mischief for three days.

This Elf can still take notes during their recovery and report back to the North Pole after three days of rest.

