



## Evergreen Catholic Separate Regional Division No. 2

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October 20, 2009

Dear Parent or Guardian,

If a school experiences an increase in numbers of students/staff ill with influenza-like illness (ILI) additional precautions will take place. An absentee rate that exceeds 10% will require direct involvement with Alberta Health Services, Public Health to further investigate and implement measures to limit transmission of illness.

Increased illness may be due to seasonal or pandemic H1N1 influenza, or other respiratory viruses. The recommended control measures are effective for any respiratory illness.

As recommended by Public Health, the schools are:

- Promoting and reminding students and staff of basic infection control practices such as respiratory etiquette, and frequent hand cleaning.
- Notifying parents if students become ill while at school. Ill students are kept separated from others until picked up by parents.
- Advising ill students/staff to stay home.
- Carrying out frequent environmental cleaning especially in high touch areas.
- Monitoring student and staff absentee rates due to illness.

Please monitor your child's health closely. If your child exhibits flu-like symptoms including fever, coughing, sore throat, fatigue, lack of appetite, nausea, diarrhea, vomiting and muscle aches, they should be kept home from school for at least seven days after symptoms start or until 24 hours after they resolve, whichever is longer. This is the time when the illness can spread to others.

Encourage and remind your child to practice respiratory hygiene:

- Cover your cough by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing. Discard the tissue.
- Wash your hands often with soap and water, especially after coughing or sneezing. Hand sanitizers are also effective.
- Reduce the spread of germs by limiting the touching of eyes, nose or mouth and by washing your hands frequently.

We will continue to work closely with Alberta Health Services and will update parents as new information becomes available. More information on Pandemic H1N1 2009 can be found at:

[www.education.alberta.ca](http://www.education.alberta.ca)

[www.health.alberta.ca](http://www.health.alberta.ca)

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Sincerely,

Mel. J. Malowany  
Superintendent