

September 7, 2010

To All Parents and Guardians:

As the new school year begins, your local public health unit wants to reassure you that we are working closely with teachers and school board officials as we continue to monitor the pandemic H1N1 situation.

In August 2010, we started moving into the post-pandemic period. The new H1N1 virus has largely run its course; nevertheless, this does not mean that the H1N1 virus has gone away. We expect the H1N1 virus may take on the behaviour of a seasonal influenza or "flu" virus and continue to circulate for years to come.

The public health unit is asking for your continued support and vigilance in keeping your child healthy at school. As we approach the flu season, here are some recommendations to prevent the spread of illness in schools:

- The best defence against the seasonal flu is to get immunized. Clinics are currently being scheduled for the fall. Specific dates, times and vaccine information will be provided to you in the upcoming months.
- Good hand hygiene is an excellent way to fight the flu. Teach your children to wash their hands thoroughly and often for at least 15 seconds with soap and water.
- Teach your children to cough or sneeze into a tissue or their sleeve. Dispose of tissue immediately.
- Don't share personal items such as eating utensils or drinks.
- If your children are sick, keep them at home until they are feeling well and are able to fully participate in all normal day-to-day activities.
- Make sure you provide your up-to-date emergency contact information to the school in case your child becomes ill while at school.

Your local Public Health Unit will continue to provide you with updated information as it becomes available.

Yours Sincerely,



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