



550 Poirier Street, Coquitlam, British Columbia V3J 6A7 | Phone 604-939-9201 | Fax: 604-939-7828

Tuesday, September 8th, 2009

IMPORTANT INFORMATION REGARDING H1N1 (Human Swine Flu)

Dear Parent/Guardian,

With school back in and large numbers of people again gathering in buildings, health officials anticipate that the number of cases of H1N1 flu may increase.

We are asking for your help in controlling the incidence of H1N1 in your child's school to help keep the number of infections as minimal as possible. **When calling in your child's absence, we ask that you let the school know if your child is exhibiting any of the following symptoms:**

- high fever
- cough
- sore throat
- headache
- body chills
- fatigue
- eye pain
- shortness of breath
- loss of appetite

Some people with human swine flu have also reported nausea, vomiting and/or diarrhea.

Spread of H1N1 influenza virus from person to person occurs in the same way as seasonal flu, which is mainly through coughing or sneezing by people infected with the virus. You can reduce the risk of getting any flu strain by taking standard precautionary measures:

- wash your hands often with soap and warm water. In the absence of soap and water, clean them with alcohol-based hand rubs (with adult supervision for younger children), especially after you cough or sneeze and before you eat
- cover your nose and mouth with a clean tissue when you cough or sneeze, and throw the tissue in the trash immediately after you use it
- if you don't have a tissue, cough and sneeze into your sleeve - into your bent arm
- avoid touching your eyes, nose or mouth, as infection can spread that way
- avoid close contact with people who are sick
- **if your child gets sick, ensure that he/she stays at home and limits contact with others**

You can call HealthLink BC at 8-1-1 if you have any symptoms or concerns, and speak to a nurse anytime day or night. Information is also available on the school district website at www.sd43.bc.ca

Tom Grant
Superintendent of Schools