9820 – 104 Street, Morinville, Alberta T8R 1L8 Tel: (780) 939-4341 Fax: (780) 939-5520

October 21, 2009

Dear Parents:

Sturgeon School Division has received notice from parents that two students in our division have been diagnosed with the H1N1 influenza virus. The students are recovering at home and are reported to be doing well.

As the year progresses, we can likely expect more cases to emerge, and we want to remind parents of the steps that should be taken in this situation.

Please monitor your children's health closely. Students who have recently come in contact with someone who has H1N1 but who do not have flu like symptoms themselves, should go about their daily routines as usual, and can safely come to school. If however, they display flu-like symptoms, including a 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 recover, whichever is longer. This is the time when the illness can be spread to others.

It is extremely important that your family has a plan in place in case your children get sick. If your children display flu-like symptoms at school, you will be asked to come and pick them up immediately, so please ensure all your contact information at the school is up to date. Also, you may wish begin to plan for alternate childcare arrangements if applicable, as your child should be kept at home for at least seven days.

Our staff will be encouraging students to wash their hands thoroughly and take care when coughing and sneezing. We will continue to work closely with Alberta Health Services and will update you as new information becomes available. Please note that Alberta Health Services has advised us that they will not be reporting mild cases of H1N1 to school jurisdictions. They will however, continue to report serious cases. We are informing you at this point in time because these are our first cases. However, like Alberta Health Services, we will not be reporting individual cases of H1N1. Please check our division website at *www.sturgeon.ab.ca* for more information about H1N1 and any updates that are available to us.

To help prevent illness from spreading, please go over the following with your family:

- √ Wash hands frequently with soap and water for 20 seconds – use hand sanitizer if hands are not visibly dirty or if soap and water are not accessible.
- √ Cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
- √ Do not touch your eyes, nose or mouth after touching door handles and other surfaces that my harbour
- √ influenza or other viruses.

Sincerely,

Dr. Michele Dick
Superintendent of Schools