

October 22, 2009

Corporate Office

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Dear Parent/Guardian:

I'd like to tell you about some of the steps we are taking to prevent the spread of H1N1 in our schools and will continue to keep you updated with new information as it becomes available. Some of these steps include:

- Watching students for symptoms of H1N1;
- Consulting with the local public health unit on infection prevention and control;
- Ensuring soap and water is available for hand washing, as well as placing alcohol-based hand sanitizer (used under adult supervision) in areas where hand-washing is not available; and,
- Frequently cleaning commonly touched surfaces/items.

The Ontario Ministry of Health and Long-Term Care advises everyone to take an active role in protecting themselves from H1N1. Here are a few things parents can do:

- **Teach your children to wash their hands with soap and water** thoroughly and often.
- **Keep alcohol-based sanitizer (gel or wipes) handy.** Note that alcohol-based sanitizer should contain at least 60% alcohol to be effective.
- **Teach your children not to share personal items** like pens, pencils, drinks, or food.
- **Teach your children to cough or sneeze into their sleeve or a tissue, not their hand.** This includes teaching them to dispose of tissues in the garbage immediately, and to follow-up by washing their hands or using an alcohol-based hand sanitizer.
- **Keep sick children at home** until they are feeling well and are able to fully participate in all normal day-to-day activities.

Symptoms of H1N1 are similar to seasonal flu, including headache, chills and cough followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation.

For more information on H1N1, visit our Board website, [www.tlidsb.on.ca](http://www.tlidsb.on.ca) and click on the "apple" Health button for links to school board information and our local health units.

Sincerely,



Warren Rosborough  
Interim Director of Education

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# FLU & YOU:

## What you need to know

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Good hand hygiene is the best way to fight the flu. Teach your children to wash their hands thoroughly and often for at least 15 seconds with soap and water.



Keep commonly touched surfaces and items clean and disinfected.



If you can't wash your hands keep an alcohol-based hand sanitizer handy such as in your car.



Teach children to cough or sneeze into a tissue or their sleeve, not their hand. Dispose of tissues immediately.



If your children are sick keep them at home.



Make sure you provide your up to date emergency contact information to the school in case your child becomes ill while at school.

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For more information about seasonal flu, H1N1 and pandemic preparedness visit:  
**[ontario.ca/flu](http://ontario.ca/flu)**  
Or call **ServiceOntario INFOLine** at:  
**1-800-476-9708**  
**TTY: 1-800-387-5559**

If you have symptoms, call **Telehealth Ontario** at:  
**1-866-797-0000**  
**TTY: 1-866-797-0007**  
Or contact your health care provider.