

29 April 2009

To All Parents/Guardians and Staff:

As you have already learned through the media, a new strain of influenza (swine flu) has been reported in Canada, Mexico and other countries. KFL&A Public Health is working closely with local healthcare providers and federal and provincial ministries in monitoring activity.

Although there is no activity of H1N1 swine influenza in the KFL&A area at this time, Public Health is urging residents to be vigilant in stopping the spread of infectious disease by taking regular preventive measures.

Remember to:

- ➔ Wash hands well and often with soap and warm water.
- ➔ Cover your mouth and nose when you sneeze or cough.
- ➔ Cough and sneeze into your sleeve or arm.
- ➔ Contact your family doctor and stay at home if you are ill.
- ➔ Call Telehealth Ontario at 1-866-797-0000 for advice if you are experiencing severe influenza-like symptoms and you cannot reach your health care provider.

Symptoms of influenza include fever, chills, cough, sore throat, shortness of breath, muscle and joint pain, runny nose, lack of appetite, nausea, vomiting and diarrhea.

It is not necessary to keep well children home even if they have travelled to Mexico or other destinations where swine influenza has been reported. As per standard school practice, all school staff are encouraged to be vigilant for students who are ill and to report any concerns to the principal. Students who are ill should remain at home until 24 hours after they are feeling better. Proper hand washing technique should already be in place at every school and it is recommended that it be reviewed and re-emphasized.

KFL&A Public Health will continue to provide school boards with advice and direction aimed at protecting the health of our school communities and promptly notify you of any changes to these recommendations.

Updates on H1N1 swine influenza will be posted to KFL&A Public Health's website www.kflapublichealth.ca. For further information please call KFL&A Public Health at 613-549-5923.

Sincerely,



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