

Wednesday August 19, 2009

## HEALTH UPDATE: H1N1 Flu

Dear Parents,

I would like to begin by welcoming you to or back to the ECLC community. I hope you all had a healthful and enjoyable summer. I look forward to working with you this year to make ECLC a safe and healthy place for your children to grow and learn.

A major concern of parents and staff right now is the H1N1 virus and ECLC's responsibility towards preventing its spread in our school. Please know that we are monitoring the situation closely and will update you immediately should our response change at any time.

We would like you to know that beginning tomorrow teachers will begin checking children's temperatures each morning upon arriving in class. We ask that you prepare your child for this potentially frightening experience by discussing with them what a thermometer is and what it is used for. Letting them know that a small tool will be placed in their ear to see how hot their body is, and that it won't hurt at all will make the experience much less scary for them.

If it is determined that your child has a fever (temperature of over 38°C), you will be called to come and pick your child up from school. Children will be required to stay home until they have been free of fever for 24 hours without the use of fever-reducing medication.

Should the flu become more severe, we will take additional steps to prevent the spread of the infection.

In the mean time here are a few things you can do to help, as recommended by the Centers for Disease Control and Prevention (CDC):

- Teach your children to wash their hands frequently with soap and water.
- Teach your children not to share personal items such as drinks and unwashed utensils.

Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.

- Keep sick children at home. Any sick children at school will be sent home.
- Know the signs and symptoms of the flu: fever, cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Occasionally some people may have vomiting or diarrhea.

Aside from checking children's temperatures, we will be monitoring children for flu signs and symptoms, and promoting cough etiquette and respiratory hygiene.

For further information I recommend the following websites:

Centers for Disease Control:  
<http://www.cdc.gov/h1n1flu/>

Kids Health  
[http://kidshealth.org/research/swine\\_flu\\_cases.html](http://kidshealth.org/research/swine_flu_cases.html)

World Health Organization  
[www.who.org](http://www.who.org)

Should you have any questions or concerns, feel free to contact me either by the e-mail address listed below or by telephone.

Thank you for your cooperation and understanding,

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