



May 13, 2009

Dear Parents/Guardians, Staff:

***RE: H1N1 Flu Virus***

As you have noted in the media, there have been confirmed cases of the H1N1 virus in the Greater Toronto area, including here in York Region. To date, cases here in Ontario are reported to be mild. Yesterday, York Region Community and Health Services advised residents that travel history to Mexico is no longer the primary factor for acquiring this flu virus.

In each of our schools, we continue to stress the following routine infection control measures:

- 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.
- Practice social distancing (minimizing contact with family members, not going out in public) while sick.
- Stay home from work or school until 24 hours after symptoms are resolved or up to seven days from when you became ill (onset of symptoms), whichever is longer.

Symptoms of the H1N1 flu virus include headache, chills and cough followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Nausea, vomiting and diarrhea may occur in adults as well as in children. 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 they are feeling better. ***Please note that health information of individual students is protected by law and may not be disclosed.***

As part of their routine duties, our caretakers continue to provide very thorough and effective cleaning and disinfection. York Region Community and Health Services has stated that no enhanced cleaning or disinfecting is recommended at this time.

***Our schools continue to operate as per their daily routines.***

**As always, we remain in close contact with York Region Community and Health Services and are fully prepared to respond to advice and direction aimed at protecting the health of our school community.** To date, along with the steps above, information and instruction on proper hand washing technique is already in place and is being re-emphasized, along with the advice to avoid sharing food, beverages and other personal items. ***We ask that you reinforce these messages often with your children at home. A handy chart has been attached for use at home.***

Individuals exhibiting flu-like symptoms of sufficient severity that require medical attention should contact their health care provider or call Telehealth Ontario 24 hours a day, seven days a week at 1-866-797-0000. For further general information regarding the H1N1 flu virus, please visit the following government websites [www.york.ca](http://www.york.ca), [www.health.gov.on.ca](http://www.health.gov.on.ca) or [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca).

Sincerely,

Bill Hogarth  
Director of Education

# Correct Handwashing Procedures

*Il metodo corretto per lavare le mani*

## 正確的洗手步驟

### 1 Wet Hands

*Bagnare le mani*

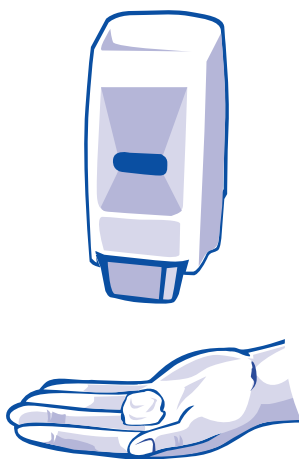
將手沖濕



### 2 Soap

*Sapone*

塗上梘液



### 3 Lather (minimum 15 seconds)

*Insaponare* (minimo 15 seconds)

擦手至起泡沫 (最少15秒)



### 4 Rinse

*Risciacquare*

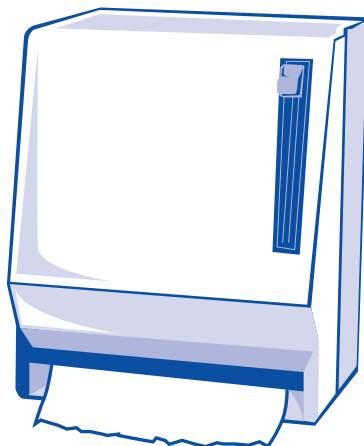
將梘沫沖淨



### 5 Towel dry

*Asciugare con l'asciugamano*

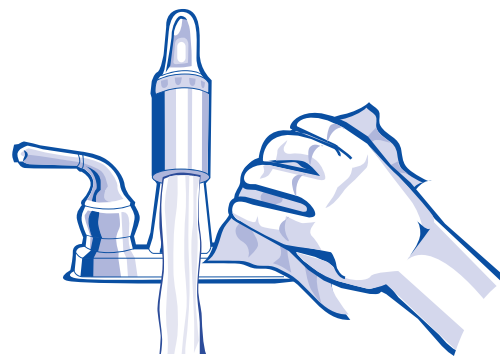
用紙巾抹乾手



### 6 Turn taps off with towel

*Chiudere i rubinetti con l'asciugamano*

拿乾手的紙巾關水掣



For more information, call us!  
Per ulteriore informazioni chiamate!

欲知更多資料致電

York Region Health Connection

1-800-361-5653

