



OFFICE OF THE DIRECTOR

Chairperson: Milton Peach, B.A., B.A.(Ed.)
CEO/Director of Education: Ford Rice, M.Ed.

June 19, 2009

Dear Parents/Guardians of the Eastern School District:

A case of H1N1 Influenza A has been identified in one of our schools in a rural area in the Eastern School District.

We have consulted with Dr. David Allison, Medical Officer of Health, Eastern Health, regarding the H1N1 virus, and he has provided the following advice.

"With the school year drawing to a close, parents, students and teachers should not be distracted from the exams and activities that are planned for the remainder of the school year. However, we would like to remind everyone about the important messages the public has been given on how to respond to this new influenza virus.

Most importantly, children or adults who are displaying flu-like symptoms such as fever, aches, tiredness and coughs should stay home. Others in the household who are not displaying flu symptoms should carry on with their normal routines.

Anyone with a cough or sneeze should cover their mouth and nose with a tissue or cough into the crook of their elbow. Avoid coughing into the hands because it is easy to spread the virus; this is why hand-washing is so important in controlling the spread of illness.

Eastern Health advises that for further information on the H1N1 virus, residents of this province can contact the Newfoundland and Labrador Healthline at 1-888-709-2929 or visit http://www.health.gov.nl.ca/health/publications/hygiene/hygiene_campaign.htm."

Earlier this spring, the Department of Health and Community Services provided posters to schools throughout the province. These posters reinforced the message of good hygiene to prevent the spread of influenza. Students and the general public are encouraged to follow the three C's: Clean- wash hands regularly; Cover sneezes and coughs; and Contain – if you are sick, stay home.

We will continue to monitor this issue closely and will be working with health care professionals to ensure that parents, students and teachers have the most current information available on the H1N1 virus.

Sincerely,

FORD RICE
CEO/Director of Education