

November 23, 2009

Dear Parents,

Since I have promised to keep you informed of the health of our students, I wish to inform you that Holy Spirit School has its first confirmed case of H1N1 Virus. A student in the kindergarten class was diagnosed this morning. We also have a number of other students out today in various stages of the fever/cough illness that has been going around for the last few weeks. Our parents have been wonderful about keeping students home if they are ill and informing us of the status of their illness. I urge all of you to continue to follow the directives of the health department as stated here:

"Anyone who is ill with flu-like symptoms is advised to stay home and away from others for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medication). There is no longer the minimum 7-day exclusion period recommendation".

The Centers for Disease Control and Prevention (CDC) currently recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. Anyone who is ill with flu-like symptoms is advised to stay home and away from others for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
4. Get your family vaccinated for seasonal flu and 2009 H1N1 flu when vaccines are available.

At Holy Spirit School, we will continue to do everything we can to keep our children healthy by following the guidelines above. We will also keep you informed of any developments that concern the health and well-being of our students.

Sincerely,

Patricia Torchen
Principal