

June 22, 2009

Re : Confirmed case of Influenza A H1N1 at École Maurice-Lavallée

Dear parents,

Alberta Health Services is investigating a confirmed case of Influenza A H1N1 (Swine Origin Influenza Virus) at École Maurice-Lavallée. Public Health recommendations such as remaining at home during the infectious period and self care guidelines are provided to the individual cases as they are identified.

This virus is a new strain of influenza A which can be transmitted from person to person. Human swine influenza cases in Canada to date have generally been associated with mild illness. Encouraging your children to use respiratory hygiene (i.e. covering their mouth and nose with a tissue or their sleeve when coughing and/or sneezing, followed by hand washing), washing their hands often using soap and water, and keeping their hands away from their eyes, nose and mouth are very important to protect themselves and to stop the spread of the virus.

Symptoms of Influenza A H1N1 (Swine Origin Influenza Virus) are similar to the symptoms of regular human seasonal influenza infection and include fever, cough, muscle aches, lethargy and lack of appetite. Some people with swine influenza have also reported runny nose, sore throat, nausea, vomiting and diarrhea.

Children with the symptoms outlined above should not attend school and should stay at home for at least 7 days from the onset of symptoms. If symptoms last longer than 7 days, then they should stay home until 24 hours after the symptoms are gone.

Please note that the Public Health Agency of Canada is not recommending the closure of schools at this time, even if a confirmed case of H1N1 Influenza Virus is identified.

If your child becomes ill, to help support your child's recovery:

- Ensure your child rests and drinks plenty of fluids.
- Treat the symptoms of illness such as fever and muscle aches as you normally would.
- If you need to take your child to a doctor to have him/her examined, please inform your doctor that your child may have been exposed to a case of Influenza A H1N1 (Swine Origin Influenza Virus).

For more information, call Health Link Alberta at 1-866-408-LINK (5465) or visit www.health.alberta.ca/documents/Influenza-Self-Care.pdf for self care information.



Henri Lemire, Superintendent
Tel. 780 468-6440/ Cell. 780 964-9188

