



The Northwest Catholic  
District School Board

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Mary-Catherine Kelly  
Director of Education, Secretary to the Board

## NOTICE

**To: Staff, Parents / Guardians**

### **H1N1 – Swine Flu Update**

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With the new school year well underway, we are taking action to prepare for H1N1 – the new strain of flu that has received so much media attention this fall.

As reported, in early September, The Public Health Agency of Canada has issued advice to School Boards indicating that they should remain open. With this in mind, we continue to take steps to prevent the spread of H1N1 in our schools and we will keep you updated with new information as it becomes available.

Steps that we are following:

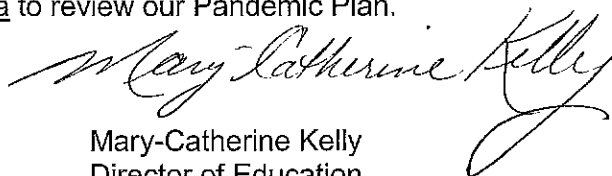
- Watching students for symptoms of H1N1.
- Consulting with the local public health unit on infection prevention and control.
- Ensuring soap and water is available for hand washing, as well as placing alcohol-based hand sanitizer (used under adult supervision) in areas where hand washing is not available.
- Frequently cleaning commonly touched surfaces/items.

The Ontario Ministry of Health and Long-Term Care advises everyone to take an active role in protecting themselves from H1N1.

Here are a few things you can do:

- **Teach your children to wash their hands with soap and water** thoroughly and often.
- **Keep alcohol-based sanitizer (gel or wipes) handy** at work and in your car. Note that alcohol-based sanitizers should contain at least 60% alcohol to be effective.
- **Teach your children not to share personal items** like pens, pencils, drinks, or food.
- **Teach your children to cough or sneeze into their sleeve or a tissue, not their hand.** This includes teaching them to dispose of tissues in the garbage immediately, and to follow-up by washing their hands or using an alcohol-based hand sanitizer.
- **Keep sick children at home.**

We care about the Health and Safety of our staff and students. For more information please visit our website at [www.tncdsb.on.ca](http://www.tncdsb.on.ca) to review our Pandemic Plan.

  
Mary-Catherine Kelly  
Director of Education