September 8, 2009

Dear Parent or Guardian:

As school communities we must do all we can to prevent the spread of the H1N1 Virus. Langley School District is in frequent contact with the Fraser Health Authority and the provincial government, and we will continue to work with our partners to reduce the risk of transmission.

Attached are fact sheets from the Ministry of Healthy Living and Sport, and the Ministry of Health Services titled: Protecting your kids from the H1N1 flu virus; If you think your child has the H1N1 flu virus; Talking to kids about the H1N1 flu virus; Q&A for parents about the H1N1 flu virus; Helping children cope with H1N1-related stress; Question & Answers for Students about H1N1 and Back to School; and Helping adults cope with H1N1-related stress.

Please take some time to inform yourselves and your children about basic precautions we can all take to reduce the chances of the virus spreading.

**Frequent hand washing** is the most effective preventative step. Children need to be reminded to wash their hands several times daily, and of the proper way to wash their hands. Wash using soap and water; for at least 20 seconds; clean between fingers and under nails; dry with a single use towel or hand dryer.

**If you sneeze or cough**, do so into a tissue or into your sleeve at the elbow. Wash your hands afterward.

**If you or your child feels sick, stay home**. Flu symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. Do not attend school or go to work if you experience these symptoms. Students that exhibit flu-like symptoms while at school will be sent home. Please ensure your school has current emergency contact information. Also be sure there is someone available to pick up your child if he or she becomes sick. Children showing signs of influenza will not be transported on district buses.

**Inform yourself and others**. The information in this package is posted at www.gov.bc.ca/h1n1 along with updates and links to other information sources.

Thank you for taking time to inform yourselves, and for taking basic precautions against the spread of H1N1. If you have any questions, please call 604-534-7891, or for advice from a health care professional dial HealthLink BC at 8-1-1.

Sincerely,

Cheryle Beaumont
Superintendent of Schools

Attachments