



Wellington Catholic
District School Board
We Have Faith in Education



September 1, 2009

Dear Parents and Caregivers:

This fall will be a different flu season. Both seasonal flu and H1N1 flu will be in the community. To help stop the spread of disease in our schools, we will work closely with Public Health. Here is what we have put in place.

When Your Child is Sick

It's important to watch your child for flu symptoms. Symptoms include fever and cough, and one or more of the following: sore throat, muscle ache, joint pain, and weakness. Children under five years may vomit and have diarrhea. According to the Medical Officer of Health, children who have flu symptoms **must stay home for seven days after their symptoms begin.**

At all times, you need to let your school know if you are keeping your child home because of flu symptoms. This lets the school and Public Health keep track of how flu is spreading.

Emergency Contact and Backup Plan

You need to:

- Review and update your school's emergency contact information. This is important if your child gets sick and needs to go home.
- Confirm your backup plan if you are not able to pick up your sick child. We need two emergency telephone numbers.

Preventing Illness

The best way to stay healthy is to clean your hands often. With this in mind, our schools will:

- Ensure that all elementary school children will have breaks to wash their hands with soap and water. These breaks will be before snacks and lunch, and as needed.
- Set up more handwashing stations. Signs will be posted as reminders.
- Make sure alcohol handrub is in all supervised areas.

School Closures

We will aim to keep schools open unless we are directed to close by the Medical Officer of Health.

School Cleaning

School board custodial staff will clean and disinfect frequently touched surfaces more often. They are trained on how to control the spread of germs in schools.

Vaccinations

It is important that you keep your family's vaccinations up to date. Talk to your doctor or call Public Health at 1-800-265-7293 ext. 4161 to find out about free shots for seasonal flu and H1N1.

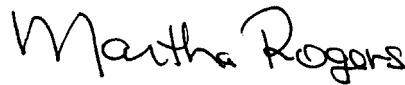
H1N1 Information

Visit Public Health's website at www.wdghu.org or call the Flu Hotline at 1-800-265-7293 ext. 4161.

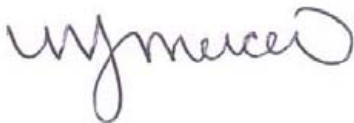
We are in regular contact with WDG Public Health and will keep you updated on new information.



Don Drone
Director of Education
Wellington Catholic District School Board



Martha Rogers
Director of Education
Upper Grand District School Board



Dr. Nicola Mercer
Medical Officer of Health (A) and CEO
Wellington-Dufferin-Guelph Public Health