



ST. ALBERT
PROTESTANT
SCHOOLS

60 Sir Winston Churchill
Avenue

St. Albert, Alberta T8N 0G4

Phone: (780) 460-3712

Fax: (780) 460-7686

BOARD OF TRUSTEES

Gerry Martins, Chair

Judy Huisman

Morag Pansegrau

Joan Trettler

Ernie Wynychuk

September 9, 2009

Dear Parents:

St. Albert Protestant Schools has received notice that a student in our district has been diagnosed with the H1N1 influenza virus. The student is recovering at home.

As the year progresses, we can likely expect more cases to emerge, and we wanted to remind parents of the steps that should be taken in this situation.

Please monitor your children's health closely. Students who have recently come in contact with someone who has H1N1 but who do not have flu-like symptoms themselves should go about their daily routines as usual, and can safely come to school. If, however, students display flu-like symptoms, including a fever, coughing, sore throat, fatigue, lack of appetite, nausea, diarrhea, vomiting and muscle aches, they should be kept home from school for at least seven days after symptoms start or until 24 hours after they resolve, whichever is longer. This is the time when the illness can be spread to others.

It is extremely important that your family has a plan in place in case your children get sick. If your children display flu-like symptoms at school, you will be asked to come and pick them up immediately, so please ensure all your contact information at the school is up to date. Also, you should begin to plan for alternate childcare arrangements if applicable, as your child should be kept at home for at least seven days.

Our staff will be encouraging students to wash their hands thoroughly and take care when coughing and sneezing. We will continue to work closely with Alberta Health Services and will update parents as new information becomes available. Please note that Alberta Health Services has advised us that they will not be reporting all mild cases of H1N1 to school districts. They will, however, continue to report serious cases. Please check our district website at www.spschools.org for more information about H1N1 and any updates that are available to us.

Sincerely,



Barry Wowk
Superintendent of Schools

To help prevent illness from spreading, please go over the following with your family:

- wash hands frequently with soap and water for 20 seconds – use hand sanitizer if hands are not visibly dirty or if soap and water are not accessible
- cover coughs and sneezes with tissues or by coughing into the inside of the elbow
- do not touch your eyes, nose or mouth after touching door handles and other surfaces that may harbour influenza or other viruses