



June 19, 2009

Dear Parents and Guardians:

I have been advised by Dr. Ann Roberts, Medical Officer of Health for Central Health that H1N1 Influenza A has been confirmed in two school-age children in Nova Central School District. The cases are fairly mild.

We have consulted with Dr. Roberts regarding the H1N1 virus, and based on information from her the following advice is being provided to parents:

With the school year drawing to a close, parents, students and teachers should not be distracted from the exams and activities that are planned for the remainder of the school year. However, we would like to remind everyone about the important messages the public has been given on how to respond to this new influenza virus.

Most importantly, children or adults who are displaying flu-like symptoms such as fever, aches, tiredness, diarrhea and coughs should stay home. Others in the household who are not displaying flu symptoms should carry on with their normal routines.

Anyone with a cough or sneeze should cover his or her mouth and nose with a tissue, or cough into the crook of his or her arm. Persons should avoid coughing into their hands because it is easy to spread the virus; this is why frequent hand-washing is so important at this time.

Should you feel the need to consult your physician or go to hospital please phone first. However, most cases are mild and the person can recover at home.

For further information on the H1N1 virus, residents of this province can contact the Newfoundland and Labrador Healthline at 1-888-709-2929.

Earlier this spring, the Department of Health and Community Services provided posters to schools throughout the province. These posters reinforce the message of good hygiene to prevent the spread of influenza. Students and the general public are encouraged to follow the three C's:

Clean- wash hands regularly

Cover sneezes and coughs

Contain – if you are sick, stay home.

We will continue to monitor this issue closely and will be working with health care professionals to ensure that parents, students and teachers have the most current information available on the H1N1 virus.

Yours sincerely,



Cynthia M. Fleet
CEO/Director of Education