



## COMMISSION SCOLAIRE EASTERN SHORES EASTERN SHORES SCHOOL BOARD

---

New Carlisle, October 28, 2009

### **Influenza A (H1N1)**

#### **Dear Parents:**

As you may already know, an extensive campaign of prevention and treatment of Influenza A (H1N1) is being organized throughout Quebec. In collaboration with the Eastern Shores School Board, we have set up the necessary measures to deal with any eventual cases in our establishments.

#### ***Application of hygiene measures***

In respecting the Minister's directives, we are asking all of our parents to be vigilant in applying strict measures of prevention and hygiene, such as frequent washing of hands in warm soapy water, coughing or sneezing into a tissue or into one's elbow.

#### ***Symptoms of influenza to have checked***

1. Sudden fever accompanied with a cough;

**AND**

2. One or more of the following symptoms: sore throat, pain everywhere, stiffness, extreme fatigue, etc.

#### ***Removing a student from class***

If a student has two of these symptoms, he/she will be taken to a place set aside in the school until he can return home. To eliminate all chance of contamination, the student will be asked to stay at home until his symptoms have disappeared. However, if these symptoms persist for more than 7 days, the student can return to his normal activities if his/her state of health permits it.



***Reasons for absence***

In any situation, the precise cause for the absence of your child (flu symptoms, accident, appointment or other) should be indicated to the school secretary (or the person responsible) as soon as possible so that we can do an adequate follow-up of the various causes of absenteeism for the School Board.

***Vaccination***

Regarding the vaccination itself, we would like to remind you that the Public Health Department is in charge of this operation and not the educational institutions.

You may find all information pertaining to the H1N1 vaccination on the following website [www.pandemiequebec.gouv.qc.ca](http://www.pandemiequebec.gouv.qc.ca). The same information is also available via telephone, by calling Services Quebec at the toll free number 1 877 644-4545.

***Communication with the parents***

Rest assured that Eastern Shores School Board will keep you informed through the regular means of communication of our establishments.

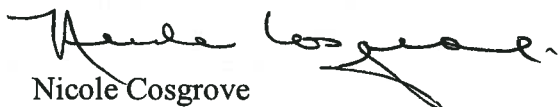
Please understand that these steps are being taken in order to avoid possible misinformation about the virus. We are making every possible effort to avoid that situation. We are asking for your cooperation.

***References and useful links***

For more information concerning the symptoms of the virus or on the preventative steps to be taken, do not hesitate to contact Info-Santé by dialling 8-1-1.

For more general information, you can visit the following website [www.pandemiequebec.ca](http://www.pandemiequebec.ca) or the ESSB website [www.essb.qc.ca](http://www.essb.qc.ca).

Sincerely,



Nicole Cosgrove  
Director General

