

September 17, 2009

Dear Parents and Guardians,

As we begin the new school year, I want to remind you that the H1N1 flu remains active in the United States. The health and safety of your child is first and foremost a priority in our school. In order to prevent the spread of the H1N1 flu, it is important to share with you what we are doing and to remind all parents that any child who is sick should be kept home, especially when the child has any flu-like symptoms. Please notify the school immediately if you keep your child at home for these reasons.

We work very hard to ensure a healthy environment for our students. Classroom surfaces, such as desks and doorknobs, are disinfected regularly. Our teachers are providing age-appropriate directions for thorough hand-washing and the use of hand sanitizers, and they are reinforcing good hygiene practices. Additionally, hand sanitizers will be available in all classrooms.

Your school staff is working with the Archdiocese to ensure that we have the latest information and advice as we continue to monitor the virus. To date, the Center for Disease Control and Prevention (CDC) indicates that influenza, including the H1N1 flu, spreads primarily through coughing or sneezing of infected people. For basic tips on preventing the spread of the flu, refer to the additional handout titled, *Basic Tips for Parents and Guardians Regarding the H1N1 Flu and Seasonal Flu*. This handout also contains a checklist if your child is suspected of having the flu or experiencing flu-like symptoms.

H1N1 flu symptoms are similar to the symptoms of regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. If your child has any of these symptoms, please call your health care provider; and again, if your child is sick, please keep him or her home.

For more information on the flu, please visit the national website at <http://www.flu.gov> or in Spanish http://espanol.pandemicflu.gov/pandemicflu/enes/24/_www_flu_gov.

Please be assured that we are monitoring this season very carefully and will appropriately communicate information to you through the new SchoolReach system. This system will permit us to email or call you with important announcements. Also, make sure that your most current phone number and email address are updated in the school office. I thank you for your support as we work together to maintain a safe and healthy environment for your child to learn and grow. Please pray for all those individuals and their families who are or might be affected by the flu and for the comfort and healing for all those with long-term illness.

Sincerely,

Tiffani James