



York Catholic District School Board

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DATE: April 29, 2009
FROM: Susan LaRosa, Director of Education

Dear Parents and Guardians:

As you already know, a single case of swine flu has been identified in York Region. Our School Board is taking its lead from York Region Community and Health Services, which are closely monitoring the situation.

The York Catholic School District's top priority is the health and safety of all students and staff and we are doing everything possible to be proactive in this situation.

What are schools doing to help prevent infection?

We are reviewing protocols with staff to raise their awareness and their role in prevention. We are also reviewing preventive protocols (i.e., cover your cough, sneeze etiquette, regular hand washing) with teachers, staff, volunteers and students.

Should students returning from travel to Mexico (or other areas affected by swine flu) be asked to remain at home?

If students are feeling well, then they should come to school. We are asking parents to monitor their child's health and if they display any flu-like symptoms, we would ask you to keep your child at home.

Should I simply choose to keep my children at home?

Children who are healthy are expected to come to school. We would advise parents not to withdraw their children as a precaution without the specific direction from York Region Community and Health Services.

Will clubs and co-curricular activities be cancelled?

No. Clubs and co-curricular activities will continue.

Thank you. We have included some information from York Region Health Services on the back of this letter and we also encourage you to check our website at www.ycdsb.ca for any updates and links.

What is Swine Flu?

Human swine flu is a respiratory illness that causes symptoms similar to those of the regular human seasonal flu. The symptoms include fever, fatigue, lack of appetite, coughing and sore throat. Some people with swine flu have also reported vomiting and diarrhea.

What has been York Region's Response?

York Region and other jurisdictions have been planning and preparing for the potential of an influenza pandemic for several years. York Region Community and Health Services is responsible for responding to any type of influenza outbreak, under the direction of the Medical Officer of Health. The health unit has notified physicians, hospitals, and walk-in clinics within our area and routine practices for infection control and enhanced surveillance are in place.

What are Swine Flu symptoms?

- Fever
- Cough
- Sore throat
- Muscle and joint pain
- Feeling extremely tired
- Nausea, vomiting and diarrhea
- Lack of appetite

If you have recently travelled to an area affected by swine flu and/or are exhibiting flu-like symptoms of sufficient severity that you need to seek medical attention, contact your health care provider or call Telehealth Ontario at 1-866-797-0000. Make sure you mention your travel history.

What can you do to Stay Healthy?

- Wash your hands well and often with soap and warm water. If soap and water are unavailable, use an alcohol-based hand sanitizer
- Cover your mouth and nose when you cough or sneeze, and sneeze or cough into your sleeve or arm
- Contact your family doctor and stay at home if you are ill

For more information:

If you have concerns speak with your health care provider, or call:

- TeleHealth Ontario at 1-866-797-0000
- Public Health Agency of Canada information line at 1-800-454-8302
- ServiceOntario INFOLine at 1-800-476-9708 for general information on swine flu
- York Region [Health Connection](#) at 1-800-361-5653