



SAINT HENRY SCHOOL

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September 3, 2009

Dear Parents,

We were notified today that we have our first suspected case of H1N1 Flu (swine flu) at Saint Henry in our kindergarten. Parents of the particular class have been notified. Although it is not confirmed, the doctor is treating the case as H1N1. We will follow the Center for Disease Control guidelines to remain open, but to closely watch our local situation. Also, we will continue all our precautionary measures to reduce the possible spread of the virus and monitor student absences. I ask you to maintain your precautions at home. We anticipate additional cases, both confirmed and unconfirmed. Most flu cases are now being treated as H1N1.

It is most important to follow the exclusion policy in place. If your child becomes ill with the flu symptoms below they should stay home for at least 24 hours after they no longer have fever or do not feel feverish, **without using fever-reducing drugs**. If the flu symptoms become more severe, the ill individuals must remain home for 7 full calendar days or until symptoms, including fever, are completely gone for 24 hours- whichever is longer. Exclusion of sick children from school is an important precaution for the entire community. If your child is diagnosed with H1N1 Flu, please contact our nurse, Mrs. Roushdi, as soon as you know the confirmation.

Flu Symptoms

- Hallmark signs and symptoms to look for is the combination of **fever** AND **respiratory symptoms** (cough, runny nose, congestion, or sore throat)
- Body aches
- Headache
- Chills and fatigue
- Occasionally vomiting and diarrhea

Also, remember siblings of the child with the flu may attend school, but should stay home as soon as they develop signs of illness or if flu conditions of sick sibling are more severe (in this case for the siblings they should stay home for 5 days to see if they develop symptoms).

Lastly, please take time to talk with your children to explain that chronic illnesses or other predispositions increase the seriousness of the flu. With the unprecedented media coverage of this virus some children may become very anxious and fearful of contracting the flu.

Thank you for your patience and understanding.

Sincerely in Christ,

Sister Ann Hyacinth, O.P.
Principal