

H1N1 (HUMAN SWINE INFLUENZA) INFORMATION BULLETIN FOR PARENTS

As you are undoubtedly aware, the Province of British Columbia is making a special effort to inform all citizens of the potential arrival of the second wave of the Hi Ni (Human Swine Influenza) this fall. School Districts have been asked to develop their own plans in response to this situation, and to ensure that staff, parents and students are aware of valuable resources available to them. The following links are provided to give you the most up-to-date information and tips that parents, students and schools should know about the H1N1 (Human Swine Influenza):

1. Provincial Website: www.gov.bc.ca/swineflu

This site contains a "Back to School" tab which includes the following information for parents and teachers:

- ✓ Protecting your kids from the H1 N1 flu virus
- ✓ If you think your child has the H1N1 flu virus
- ✓ Talking to kids about the H1N1 flu virus
- ✓ Q&A for parents about the H1 N1 flu virus
- ✓ Helping children cope with H1N1-related stress
- ✓ Helping adults cope with H1N1-related stress

For students:

- ✓ Q&A for students around the H1 N1 flu virus

2. School District Website: www.sd23.bc.ca

This site will also contain the link to the most current information.

In addition, the following is preventative information that we would appreciate parents reviewing with their children:

Proactive Measures:

Influenza is caused by viruses, and is generally spread when an infected person coughs or sneezes.

Here are six simple, common sense precautions that can help safeguard everyone's health:

- Stay home when you're sick or have influenza symptoms. Get plenty of rest and check with a health care provider as needed.
- Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them from getting sick.
- Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from getting sick. When soap and water are not available, use disposable hand wipes or gel sanitizers. We recommend that wash hands for 15 to 20 seconds. When soap and water are not available, non-alcohol-based disposable hand wipes or gel sanitizers may be used. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work.
- Avoid touching your eyes, nose or mouth. You can become ill by touching a surface contaminated with germs and then touching your eyes, nose or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.
- For more steps on how to protect you and your family visit www.fightflu.ca. You can call HealthLink at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or if feeling ill.