

A Message From Mr. Henderson

St. Sebastian School is monitoring the recent development of H1N1 (swine flu) virus. Swine flu is a respiratory disease caused by type A influenza virus. In the past week there have been outbreaks in the U.S., Canada, Mexico, and other countries.

Any students or staff at school with flu-like symptoms will be sent home and recommended to contact their health care provider for further evaluation.

We will also monitor daily attendance in our schools for any unexpected increase in absences and notify the health department if warranted.

Staff and students have reviewed proper hand-washing procedures. Students are strongly encouraged to wash their hands at least three times during the school day (upon arrival to school, before lunch, and before dismissal). Students may bring their own hand sanitizer to school for use during the day, but should not share with other students. Gels, rubs and hand wipes all work well as long as they contain at least 60% alcohol.

Please keep anyone with flu-like symptoms home from school and contact your health care provider. When reporting the absence on the attendance line (829-9050) please list the symptoms your child is experiencing so we can better monitor student illnesses.

Review everyday steps with your children to protect your health:

- **Avoid close contact with people who are sick.
- **Stay home when you are sick to help prevent others from catching your illness.
- **Cover your mouth and nose with coughing or sneezing.
- **Wash your hands often with soap and water. Hand sanitizer also works well as long as it contains at least 60% alcohol.
- **Avoid touching your eyes, nose, or mouth; germs spread this way.
- **Practice other good health habits; get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

The symptoms are similar to typical influenza.

Symptoms may include: fever, cough, body aches, headache, chills and fatigue. Some people with swine flu have also reported sore throat, vomiting, and diarrhea. If you or someone in your family has these symptoms you should contact your health care provider.

The Health Department will email me any additional information I need to make sure all of St. Sebastian students are safe. I will keep you posted. God Bless!

You can find additional information at:

www.cdc.gov/swineflu/key_facts.htm

www.cdc.gov/swineflu/espanol

www.publichealthmdc.com

God Bless,

Ray Henderson

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