



Public Health Portfolio  
Communicable Disease Unit  
Sheldon M Chumir Health Centre  
5th Floor, 1213 4th Street SW  
Calgary, Alberta T2R 0X7

Tel: [403] 955-6750

June 11, 2009

Dear Parent or Guardian:

Re: Influenza A H1N1 (Swine Origin Influenza Virus)

Public Health staff have confirmed several cases of Influenza A H1N1 (Swine Origin Influenza Virus) at **Blessed Kateri School**. The infected persons have been isolated at home while infectious and do not pose an ongoing risk to anyone at the school. The school has implemented control measures to reduce transmission of respiratory viruses in the school setting including enhanced environmental cleaning and disinfecting. As part of the Public Health case investigation, a public health nurse will call you if your child is identified as being a close contact of the case.

This virus is a new strain of influenza A which can be transmitted from person to person. Human swine influenza cases in Canada to date have generally been associated with mild illness. Encouraging your children to use respiratory hygiene (i.e., covering their mouth and nose with a tissue or their sleeve when coughing and/or sneezing, followed by hand washing), washing their hands often using soap and water, and keeping their hands away from their eyes, nose and mouth are very important to protect themselves and to stop the spread of the virus.

Symptoms of Influenza A H1N1 (Swine Origin Influenza Virus) are similar to the symptoms of regular human seasonal influenza infection and include fever, cough, muscles aches, lethargy and lack of appetite. Some people with swine influenza have also reported runny nose, sore throat, nausea, vomiting and diarrhea.

Children with the symptoms outlined above should not attend school and should stay at home for at least 7 days from the onset of symptoms. If symptoms last longer than 7 days, then they should stay home until 24 hours after the symptoms are gone.

If your child becomes ill, to help support your child's recovery:

- Ensure your child rests and drinks plenty of fluids.
- Treat the symptoms of illness such as fever and muscle aches as you normally would.
- If you need to take your child to a doctor to have him/her examined, please inform your doctor that your child may have been exposed to a case of Influenza A H1N1 (Swine Origin Influenza Virus).

For more information call Health Link Alberta at 1-866-408-LINK (5465) or visit <http://www.health.alberta.ca/documents/Influenza-Self-Care.pdf> for self care information.

Thank you.

Sincerely

Amy Beck, Public Health School Nurse on behalf of  
(original signed)

Medical Officer of Health