



Winnipeg Regional Health Authority    Office régional de la santé de Winnipeg  
*Caring for Health    À l'écoute de notre santé*

September 2009

Dear Parent or Guardian,

This letter provides you with important information on preventing the spread of influenza in your child's school.

Starting in September, Public Health Nurses from the Winnipeg Regional Health Authority (WRHA) will be working closely with Winnipeg schools to monitor and help reduce the spread of H1N1 influenza. Nurses will be providing important information about how to prevent influenza, and they will be tracking the level of influenza-like illness in school children.

That is where you, as a parent, can play a key role. There are several important things that you can do to help stop the spread of influenza:

1. Please keep your child at home if he or she is sick, until he or she is better.
2. Encourage your child to wash his or her hands often, especially before eating, or after coughing or sneezing into their hands.
3. If your child has a cough, encourage him or her to cover his or her cough with a tissue, or to cough into his or her sleeve.
4. If your child is staying at home because of an illness, please contact the staff at your school to let them know why your child is absent, and tell the staff what symptoms your child is experiencing (symptoms of influenza include cough, fever, fatigue, muscle aches, sore throat, vomiting or diarrhea).

Thank you for helping to fight the spread of H1N1 influenza. The information you provide will help health authorities make important decisions about influenza prevention activities. We will update you as necessary if there are any significant changes to these recommendations.

For more information, please call your local community area public health office; the phone number for the Community Offices can be found on page 9 of the Winnipeg Health Services Directory (blue pages) in the middle of the Winnipeg MTS telephone book.

Sincerely,

Dr. Sande Harlos