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**H1N1 Information for Parents**  
**from The Edmonton Catholic School District**  
**November 2009**

As the flu season approaches, and the concern with the H1N1 influenza continues, it is important for all parents and guardians to know that each school in the Edmonton Catholic School District has developed an individual site Pandemic Plan. This plan will ensure the continuity of your child's education, in case of an increased absenteeism in the school of students and staff.

In addition, Alberta Health Services has asked all schools to report an absentee rate in excess of 10% in both students and staff. Alberta Health Services will then work with schools through Public Health on communication and preventative measures. Monitoring school absenteeism can help identify the arrival of influenza in the community. It is very common that during the flu season, many schools will report a 10% or greater absentee rate.

The symptoms of the seasonal flu and the H1N1 influenza are similar and can include: fever, cough, muscle aches, lethargy and lack of appetite. Some people with the H1N1 influenza have also reported runny nose, sore throat, nausea, vomiting and diarrhea in addition to a cough and fever symptoms. The seasonal flu and H1N1 influenza are thought to spread from person to person through coughing or sneezing. Please ensure that your child washes their hands frequently, covers their cough, and if your child is sick with the flu, we encourage you to help prevent the spread by keeping your child at home until 24 hours after their symptoms disappear. Thank you for your continued support.