



Living Waters Catholic Schools

REGIONAL DIVISION No.42

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Dear Parents,

The H1N1 influenza virus has been reported worldwide and the World Health Organization (WHO) has declared a pandemic. The province's health system is on alert and Albertans are asked to take precautions against the H1N1 influenza virus by helping to stop the spread of infection. At Living Waters, we are committed to providing our school community with a safe and caring environment.

Students, families and the staffs of Living Waters CRD #42 can take simple measures to minimize the risk of being infected:

1. Clean hands frequently, especially after coughing, sneezing or blowing your nose. Wash your hands with soap and water, or use an alcohol-based hand sanitizer. When done correctly, hand cleaning is the single most effective way to reduce the spread of infections.
2. Stay home from work or school until you are feeling well enough to resume normal activities.
3. Help prevent infection with pandemic influenza by getting the vaccine.
4. Cough and sneeze into your arm, not your hand.
5. Do not touch your eyes, nose or mouth after shaking hands or touching hard surfaces like counters and door handles or other surfaces that may harbour influenza and other viruses.
6. Keep common surfaces clean and disinfected.
7. Try to stay at least two meters away from people who are experiencing influenza-like symptoms.
8. Other steps to keep yourself healthy include:
 - o Eating well
 - o Maintaining an active lifestyle, and
 - o Getting enough rest and sleep.

In our continued effort to provide a safe and caring environment, it is imperative that we work collaboratively to focus on the importance of staying and keeping healthy by following these guidelines in doing our part to minimize the risk of being infected.

If you have questions, please contact your healthcare provider. You can get more information from ALBERTA HEALTH SERVICES.

Visit online at <http://www.albertahealthservices.ca/> or call the SERVICE ALBERTA CALL CENTRE at 310-4455.

Sincerely,

for) Lyna Stood
Carol Lemay
Superintendent