



# Palliser Regional Schools

## Palliser Centre

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Palliser Regional Schools is taking a leading role in preparedness for the possibility of a global pandemic. We have been working with a multi-disciplinary committee, which includes health experts, School Administrators and Division Office Administrators, in an effort to gather and disseminate information, create a detailed strategic plan, and launch a Hand Washing Campaign as a preventative measure.

## Communication to Parents

<http://education.alberta.ca/media/1117176/schoolq&forparentsandstudents.pdf>

## What is Pandemic Influenza?

A **pandemic** (a global epidemic) influenza occurs when a novel influenza virus strain emerges with an ability to efficiently spread in human populations and cause significant morbidity (illness) and mortality (death). Since the 1500's, pandemic influenzas have occurred 3 to 4 times per century. In the last century, there were three pandemics: The 'Spanish Flu' of 1918 (H1N1), the 'Asian Flu' of 1957 (H2N2) and the 'Hong Kong Flu' of 1968 (H3N2).

A new influenza strain – influenza A (H5N1) – is spreading through bird populations across Asia, Africa and Europe, infecting domesticated birds, including ducks and chickens, and long-range migratory birds. The first recorded appearance of H5N1 in humans occurred in Hong Kong in 1997. Since then, the virus has infected over 387 people of which 247 have died resulting a mortality rate of approximately 63 percent (as of April 30, 2008).

**\*\* UPDATE:** In late April 2009, a different strain of a new influenza (H1N1) began spreading from Mexico. The World Health Organization raised their level of pandemic alert on April 29. Although we are not restricting travel at this time, our priority, as always, is the safety and well-being of our students and staff. All services at our schools (classes, bussing, extra-curricular activities) are continuing as usual at this time, but with a heightened vigilance to mitigating the spread of illness. If students have influenza-like symptoms, we are asking parents not to send them to school. If a student comes down with symptoms while at school, they will be isolated from other students until arrangements can be made for their parents to pick them up. The most up-to-date information to parents is included at the top of this section under "Communication to Parents".

## Palliser Regional Schools Pandemic Plan

- [Palliser Pandemic Plan Sept 2,2009.doc](#)

## Preventing the Spread of Pandemic Influenza

- [It's in your hands/Influenza Self Care](#)
- [Coughing Etiquette](#)
- [Centre for Disease Control and Prevention - Flu Guide for Parents](#)
- [5th Guy Campaign Video's](#)
- [Know What to do to Fight the H1N1 Influenza Virus](#)

## Preparing for Pandemic Influenza

- [Your Emergency Preparedness Guide](#)
- [Family Checklists](#)

## Frequently Asked Questions

- [Public Health Agency of Canada FAQ](#)
- [Government of Canada FAQ](#)
- [Ten things you need to know about pandemic influenza - World Health Organization](#)
- [H1N1 Influenza Virus Common Questions and Quick Facts](#)

## Links and Resources

- [Alberta Health and Wellness](#)
- [Calgary Health Region](#)
- [Capital Health](#)
- [David Thompson Health Region](#)
- [Fight Flu](#)
- [Government of Canada](#)
- [Health Canada](#)
- [Health Link Alberta](#)
- [Public Health Agency of Canada Influenza Watch](#)
- [World Health Organization](#)