



Palliser Regional Schools

Palliser Centre

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SEPTEMBER 10, 2009

Dear Parents,

This letter is intended to help your family prepare for an influenza pandemic that could make many people sick. Whether the H1N1 virus or some other virus, it is vital for all of us to be prepared to deal with an infection that can spread easily and quickly from person to person.

Palliser Regional Schools, working with public health officials, has a committee dedicated to pandemic planning, preparing a response that protects the health of our students and staff and encouraging prevention of the spread of illness.

Your involvement is crucial. Here are some ways to protect your family and prevent the spread of illness:

Keep children who are sick at home. Don't send them to school.

Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.

Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.

Teach your children to stay at least three feet away from people who are sick.

People who are sick should stay home from work or school and avoid other people until they are better.

If you have questions, please contact your healthcare provider. You can get more information on H1N1 from Alberta Health Services at www.albertahealthservices.ca. A range of other helpful links can be found on the Palliser website at www.pallisersd.ab.ca.

With your help, we can prevent the spread of the influenza virus this flu season.

Thank you,

Kevin Gietz
Superintendent of Schools
Palliser Regional Schools

