



# The Academy of Our Lady of Peace

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September 2009

Dear Parents,

I would like to welcome everyone to school, and also take this time to discuss the H1N1 virus. As you know, the flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu at the Academy of Our Lady of Peace.

We are working in conjunction with the local, county, and state health departments. I also receive updates everyday from the Center for Disease Control that monitors flu conditions and helps us to make decisions about the best way to keep our children safe and healthy. As new information becomes available, we will let parents know.

For now, we ask all of the families at the Academy of Our Lady of Peace to practice these few items in order to keep our school functioning at optimum level:

1. Encourage good hand washing techniques with your children.
2. Teach the children not to share personal items.
3. Keep sick children home for at least 24 hours after they are fever free. ( a fever is 100 degrees or above)
4. Do not send children to school if they are sick.
5. Encourage children to cough into a tissue, or their shoulder.
6. Be sure children throw their tissues in the garbage can.
7. Know the signs and symptoms of the flu.
  - A. Fever- 100 degrees or above.
  - B. Cough
  - C. Sore throat
  - D. Runny or stuffy nose
  - E. Body aches
  - F. Headaches
  - G. Tiredness
  - H. Some may have vomiting or diarrhea

Thank you for your cooperation and have a healthy school year.

Patty Miller R.N.

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