



# PACIFIC CHRISTIAN SCHOOL

Operated by Victoria Christian Education Society

**Elementary School:**

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## Dear Parent(s) or Guardian(s),

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu at Pacific Christian School. Our objective is to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

First of all, please ensure that the school has the most up to date contact information for you and your family's emergency contact person. If you're unsure as to whether or not the information is current, call us and we'll be happy to let you know what our records currently indicate.

Secondly, if your family is returning from a trip where the flu virus is wide-spread, contact the school and inform us so we can keep an eye on your son/daughter. If they are showing any signs of flu, keep them home.

Finally, we are doing our best to stay apprised of recommendations by the health department to monitor flu conditions and make decisions about the best steps to take concerning our school. We will keep you updated with new information as it becomes available.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help.

- **Teach/tell your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach/tell your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea. Check our school website for a quick fact sheet on H1N1 symptoms.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home.*

**If the flu becomes more severe**, we **may** take additional steps to prevent the spread such as:

- conducting active fever and flu symptom screening of students and staff as they arrive at school,
- making changes to increase the space between people such as moving desks farther apart and postponing class trips, and
- dismissing students from school for at least 7 days if they become sick.

For more information, check our website as we try to post the most current information available from the Ministry of Health. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,  
David O'Dell, Bill Helmus