



SCHOOL DISTRICT No. 73 (KAMLOOPS/THOMPSON)

1383-9th Avenue, Kamloops, B.C. V2C 3X7 • Telephone: (250) 374-0679 • Fax: (250) 372-1183

September 11, 2009

Dear Parents:

I am writing to advise you of the ongoing efforts that School District No 73 is taking, to control the spread of the H1N1 influenza virus.

The health and safety of our students and staff is our primary concern and any action we take will have that as our focus. The school district continues to work closely with the Interior Health Authority and any response or action we take will be based on the advice and direction provided by Interior Health.

A Pandemic Planning Committee was developed under my direction, to plan for effective educational and district continuity in the event of a pandemic. This plan also addresses the very important topics of infection control and mitigation. A copy of the SD No. 73 Pandemic Response Plan can be found on the school district website at: <http://www.sd73.bc.ca> Other documents relating to hand washing, family preparedness, infection control and influenza resources for high risk groups can also be found on the web site.

As there may be one third to one half of the school population away during a pandemic or schools may be closed as part of our plan, the school district is working on the following:

- Education on hand washing and cough/sneeze etiquette;
- Installation of soap dispensers in classrooms that have a wash sink;
- Increased contact surface disinfection in schools and buses;
- Education of students if schools are closed;
- Facility's operations (heating, electrical, plumbing etc.);
- Cleaning of schools following a closure or during a pandemic and
- Communication with parents and staff in a timely manner.

In schools this year there will be an increased emphasis on hand washing. The practice of good hand washing helps in the prevention of many illnesses, not just the current influenza pandemic. The practices taught and observed in the school should also be reinforced at home. Please encourage your family to do the following:

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- Cover your nose and mouth with a tissue when you sneeze. Throw the tissue in the trash after you use it. Wash your hands.
- When you cough or sneeze, do so into your elbow, if possible. Wash your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose and mouth.
- Don't share the same cup or utensils with other people.
- If you are sick with flu like symptoms, stay at home and avoid contact with other people whenever possible.
- You can call HealthLink BC at **8-1-1**, 24 hours a day/seven days a week to speak to a nurse if you have more questions or if you are feeling ill.
- See a health care provider if your symptoms become worse, but call ahead of time to let them know you have a fever or cough.

Signs and Symptoms of Influenza

• Fever	• Cough	• Sore Throat
• Runny nose	• Headache	• Muscle aches and pains
• Extreme fatigue	• May include diarrhea and vomiting (especially in children)	

Thank you for your attention to this important matter. Please remember to check the School District website regularly. If you do not have access to a computer, please ask for the information at your school.

If you have questions or concerns, you can contact Ms. Michelle Marginet, Manager of Health and Safety, School District No.73, at 250-374-0679.

Yours truly,



Terrence S Sullivan, Ph.D
Superintendent of Schools

cc: Members of Staff