

June 9, 2009

Dear Parents, Students, Staff and Volunteers:

As the school year comes to an end, Peel Public Health would like to update you on the H1N1 flu virus and how to reduce the risk of becoming ill or spreading the virus.

Most of the H1N1 flu virus cases in Peel Region have been mild and these individuals have recovered at home. Peel Public Health is working closely with federal and provincial health authorities to monitor the virus. For now, it is expected that it will continue to circulate and that the illness will be mild.

As such, Peel Public Health will no longer notify schools of individual H1N1 flu virus cases, but is encouraging everyone to practise good infection prevention even if there is no contact with someone who is ill.

During the summer, you may be attending camp, group activities and other special events. Even though the focus is on having fun, it is important to continue to reduce your risk of becoming ill or spreading flu viruses by practising the following:

- **Monitor your health:** If you develop flu-like signs and symptoms (fever, cough, sore throat, body aches, headache, chills and fatigue), stay away from school, summer events/activities or work and contact your health care provider.
- **Practise good hygiene:** Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Avoid touching your eyes, nose or mouth. Germs are spread this way.
- **Wash your hands:** Wash your hands often with soap and water, especially after you cough or sneeze. If hand washing facilities are not available, you can also use an alcohol-based hand sanitizer.

Peel Public Health will continue to work closely with the Peel District School Board and the Dufferin Peel Catholic District School Board to provide updates where needed.

For more information on H1N1 flu virus, visit [www.peelregion.ca](http://www.peelregion.ca) or call 905-799-7700, Monday to Friday, 8:30 a.m. to 4:30 p.m. to speak to a health professional.

Sincerely,



Dr. Eileen de Villa, MD MBA MHSc CCFP FRCPC  
Associate Medical Officer of Health