

April 30, 2009

To all Parents/Guardians and Staff:

As you have already learned through the media, a strain of influenza (H1N1 Swine Influenza) has been reported in Canada, Mexico and the United States. Countries around the world and the World Health Organization are investigating this illness.

The Public Health Agency advises Canadians to:

- Wash hands thoroughly with soap and warm water, or use hand sanitizer
- Cough and sneeze in your arm or sleeve
- Get your annual flu shot
- Keep doing what you normally do, but stay home if sick
- Check [www.fightflu.ca](http://www.fightflu.ca) for more information
- Check [www.voyage.gc.ca](http://www.voyage.gc.ca) for travel notices and advisories
- Talk to a health professional if you experience severe flu-like symptoms

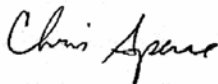
For more information on swine flu, please visit  
<http://www.myhamilton.ca/myhamiltonalerts/09-04-27th.htm>  
or call 905-546-2424 ext. 7970  
You can also contact 1-866-797-0000

As always, all HWDSB public elementary and secondary schools remain in close contact with our Public Health Department and are fully prepared to respond to advice and direction aimed at protecting the health of our school communities.

As per standard school practice, all school staff is encouraged to be vigilant for students who are ill and to report any concerns to the principal. Students who are ill should remain at home until they feel better.

Updated information will be posted on our Board's website at [www.hwdsb.on.ca](http://www.hwdsb.on.ca).

For our students,



Chris Spence