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Dear Parent/Guardian and Staff:

May 8, 2009

A student attending Centennial Secondary School has been diagnosed with H1N1 Influenza A (Human Swine Flu). This individual exhibited mild symptoms and has fully recovered. Students and staff at the school may have been exposed to this virus during the week of April 27 – May 1, 2009.

We are sending this letter as a precautionary measure. The contagious period has ended, and we would not expect to see any further spread of this virus from contact with this case.

H1N1 Influenza A is a respiratory illness that causes symptoms similar to those of the regular human seasonal flu. These symptoms include:

- fever
- fatigue
- lack of appetite
- coughing
- sore throat
- runny nose
- muscle aches
- watery eyes

Some individuals may also experience:

- vomiting
- diarrhea

Please note that the H1N1 Influenza A strain is appearing to be less severe with a lower transmission rate than the regular seasonal influenza.

Influenza is a contagious respiratory illness that spreads easily via droplets that are coughed or sneezed into the air by someone who has influenza. The virus is also found on the hands of people with influenza and on surfaces they touch.

To help prevent the spread of infection, we are advising:

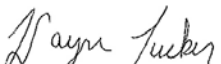
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- **Stay home from work or school and limit contact with others if you get sick.**
- **Call your local health care provider or if you are experiencing flu-like symptoms.**

If you have questions or concerns about H1N1 Influenza A virus please call one of the following numbers:

- Health Unit Communicable Disease intake line (613) 966-5513 ext 349
- TeleHealth Ontario at 1-866-797-0000
- Public Health Agency of Canada Hotline 1-800-454-8302

For general information on H1N1 Influenza A, call:

- Service Ontario Human Swine Influenza line at 1-800-476-9708.


Wayne Tucker, MSc
Director, Communicable Disease Control Dept.