



Our Lady Help of Christians School
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Dear Parents,

September 9, 2009

The Center for Disease Control (CDC) has outlined some precautions for parents and schools to follow in the event that there is a serious outbreak of the H1N1 virus – commonly known as the “swine flu”. These guidelines can be found on the attached document “Flu Screening Tool for School Children” which was created by the Montgomery County Health Department.

Please, read the list and familiarize yourself with these guidelines.

Please know that Our Lady Help of Christians is taking additional precautions as well. Hand sanitizers are being placed throughout the building and extra care will be taken to clean and sanitize common areas. Once again, please read the attached information.

Thank you,

Jack Bellantoni

Mr. Jack Bellantoni

Flu Screening Tool for School Children

The Montgomery County Health Department (MCHD) has asked all parents and care givers of school children to use the following helpful questionnaire to assess whether or not to send their children to school on a daily basis during a flu pandemic.

Does your child have:

1. Fever (100° F or greater)? Yes No

AND

2. Sore Throat? Yes No

3. Cough? Yes No

4. Nasal congestion? Yes No

5. Runny nose? Yes No

Should I keep my child at home?

- If you checked yes to fever AND one of the other symptoms, keep your child home until 24 hours after fever has resolved without fever-reducing medication. If you have questions about your child's health or symptoms, call your healthcare provider.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, follow your healthcare provider's recommendation and school policy regarding when to return to school.

What should I tell my child's school?

- If you checked "yes" for fever AND one of the other symptoms, tell your child's attendance office that your child is home with influenza-like illness.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, tell your child's attendance office that the child does not have flu.

It is very important during a pandemic to provide the school or child care program staff with a reason as to why your child will be out "sick." In order to monitor the health of the children and staff, it will be vital that the entire school community is working together and identifying influenza-like illness (ILI) rapidly. Schools and child care program staff should be working with the local health department and providing updates as to how much ILI the facility is seeing and consulting with them as needed, in order to ensure that appropriate recommendations are made.

For more information:

Montgomery County Health Department (website): www.health.montcopa.org

Centers for Disease Control and Prevention (website): www.cdc.gov/h1n1flu



pennsylvania
DEPARTMENT OF HEALTH

Top 10 Tips for Preventing the Spread of Flu

1. Keep your child home from school or day care when he or she is sick.
2. Allow your child to return to school only when fever-free for at least 24 hours (no longer having a fever without use of fever-reducing medicines).
3. Cover your cough. Cough into your upper sleeve or into a tissue and discard properly.
4. Properly dispose of used tissues and other soiled items, and wash your hands after doing so.
5. Wash hands frequently and regularly, or use hand sanitizers when water is not readily available.
6. Regularly clean and disinfect areas and items likely to have frequent hand contact.
7. Contact your health care provider when your child or other family member is sick with the flu (symptoms include fever, cough, sore throat, runny nose, headache and body aches).
8. If you are not able to stay home with your child, plan ahead for how he or she will be taken care of when sick at home or if school is closed.
9. Have your child vaccinated against the flu every year.
10. Stay informed through www.health.state.pa.us, www.cdc.gov, or www.flu.gov.

For questions, call 1-877-PA-HEALTH.