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H1N1 (Swine Flu) Guidance for Plaistow Summer Recreation Program

Dear Parent/ Guardian,

With H1N1 now recognized as circulating in our community, everyone needs to do their part to stop the spread of infection. Summer recreation and public health are working to keep our children safe and healthy and we need your help.

The best way you can help stop the spread of infection is to teach your children, and follow these steps yourself:

- Wash your hands frequently (15-20 seconds with soap and warm water) or use 60% alcohol-based hand sanitizing gels
- Cough or sneeze into your elbow or shoulder
- Do not share drinking/eating containers or utensils
- Avoid contact with ill persons if possible
- Monitor your families health
- Stay home if you are ill. Do not return to work, social activities or summer recreation until you have been asymptomatic for 24 hours

We have attached a simple flu symptom checklist for parents to use to screen their children for flu-like symptoms. We also request that parents notify the Summer Recreation program if a child is absent due to illness. This will help us evaluate if there are unusual increases in absenteeism because of flu- like illness.

The Summer Recreation program has a plan in place to reinforce these key steps to ensure campers and staff members remain healthy. Summer recreation staff will monitor and promote frequent hand washing, and encourage proper cough and sneeze etiquette. They will discourage children from sharing water bottles, drinks or utensils. And they will be watchful of children or staff that exhibit flu-like symptoms that can include fever, cough, sore throat and sometimes body aches, headache, chills, and fatigue. We will place posters at the field that reinforce prevention messages and promote positive health activities.

We look forward to a fun, safe and healthy summer program, and appreciate your help!

Sincerely,

Dennise Horrocks

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Plaistow Health Officer