

28 September 2009

Dear Parents and Staff

### **Swine Flu - Pandemic H1N1 2009 Influenza**

Swine flu is a virus that is particularly affecting children and young adults. Since swine flu is transmitted by droplets, practicing good hygiene can slow the spread. Everyone can play their part in this at home, school, or work by:

- Covering nose and mouth when coughing or sneezing, using a tissue when possible
- Avoid touching your eyes, nose, or mouth
- Washing hands frequently with soap and water
- Cleaning all hard surfaces frequently, using a normal cleaning product
- Disposing of dirty tissues promptly and carefully
- Avoiding close contact with sick people

The school is committed to a proactive approach in dealing with the pandemic, and additional preventative measures that will be taken are:

- Temperature monitoring of students
- Aeration of classrooms by opening windows
- Cleaning desks twice daily and door handles daily
- Provision of hand sanitizers (students are welcome to bring their own)
- A restriction on school trips, outings, and excursions

The symptoms of swine flu include fever, fatigue, lack of appetite, coughing, sore throat, pain in muscles and joints, headache and chills, and, in some cases, vomiting and diarrhoea.

Based on recommendations from the Lebanese Ministry of Health and the Lebanese Ministry of Education, **please do not send your child to school if your child has a temperature of 38° Celsius or more.** You should check with your family doctor promptly, and the student should remain at home for seven days. A doctor's report will need to be presented if the student has been symptom free for 24 hours and wishes to return to school before the seven day period. The doctor's report should confirm that the fever was not due to swine flu.

Parents are reminded not to give fever reducing medication to their child before sending them to school. Students with influenza like symptoms are at high risk of contracting the H1N1 virus and other infections.

Students or staff who develop a fever of 38° Celsius or more during school hours will be sent home. Parents are urged to collect their child promptly to avoid the risk of further infection. Please note that it is important to give an emergency contact on the Family Data Update Form (which you will be receiving shortly) in case you cannot pick up your child immediately.

In case of absenteeism due to illness, we will ensure that students are not penalised and that they have the information needed to catch up with any missed work.

Any updates about swine flu, and the measures we are taking, will be posted on the school web site. We thank you for your cooperation which is essential in reducing the number of students and staff exposed to the infection.

Yours faithfully

Dr. Walid El Khoury  
Principal