



October 9, 2009

Dear Parents,

It is our priority to ensure the health and safety of our students. As you may know, flu can be easily spread from person to person. We need your help to contain the flu virus and prevent infecting others. Please keep your daughter home if she is sick and please do not spread rumors of possible flu infection. **Please call the school if you have any concerns.**

Influenza is spread mainly person-to-person through coughing or sneezing by infected persons. The symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue.

Precautions:

- **Wash your hands often with soap and water or an alcohol-based hand rub.**
- **Do not share personal items like drinks, food or unwashed utensils.**
- **Cover coughs and sneezes with tissues.**
- **Stay home if you are sick for at least 24 hours after you had a fever. It will reduce the number of people who may get infected; an individual is contagious 7 days after the onset of symptoms.**

I rely on your good judgment in keeping your daughter and those around her healthy.

I appreciate your cooperation.

Sincerely,

Sr. Francine Gunther, SHCJ
Head of School