

October 28, 2009

Dear Parents,

The safety and health of your child is of paramount importance to Our Lady of Sorrows. Since the flu season is upon us, with particular concerns about H1N1, we would like to reassure you that we are taking the necessary precautions to ensure the health of the young people we serve.

Please assist in the effort to prevent the spread of the flu by helping your child(ren) follow these Center for Disease Control guidelines:

- If your child is experiencing influenza-like symptoms (fever $\geq 100^{\circ}$ F and a cough or sore throat) he may have the flu. Other symptoms, with the fever, include runny nose, body aches, a headache, tiredness, diarrhea, or vomiting. Please do not bring your sick child to a parish event. Your child should stay at home.
- We will work with you to make sure that your child is able to meet requirements for sacramental preparation.
- If your child has a fever $\geq 100^{\circ}$ F AND a cough or sore throat, please keep him or her home until at least 24 hours after his/her fever is normal without the use of fever reducing medicines such as acetaminophen (Tylenol) or Ibuprofen (Advil).
- If your child has symptoms, he or she should not be out in the community except to seek medical care.
- Please remind your child of the importance of covering his/her nose and mouth with a tissue or sleeve when coughing or sneezing.
- If a child in class or at any other event exhibits flu-like symptoms, we will separate him or her from the rest of the group and call you to pick up your child.

Your children's well-being is always our first concern. Please be on the lookout for flu-like symptoms. The CDC website is a valuable and reliable place to find more information on the flu at <http://www.cdc.gov/h1n1flu/>.

Blessings,

A handwritten signature in cursive script that reads "Mary Catherine Haines".

Mary Catherine Haines