



Together...we are

Wild Rose Public Schools

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### Pandemic (H1N1) 2009

According to the Government of Alberta, Pandemic (H1N1) 2009 influenza is:

A respiratory virus that can spread from person-to-person when an infected person coughs, sneezes or talks. People can also become infected by touching contaminated surfaces and then touching their own mouth, nose or eyes before washing their hands.

Signs of H1N1 influenza virus:

The H1N1 virus's symptoms are similar to the seasonal flu: fever, tiredness, coughing, sore throat, muscle aches and lack of appetite. For some, H1N1 includes vomiting and diarrhea.

Wild Rose Public Schools encourages parents, students and staff to follow the Alberta Government's prevention protocols including:

- If ill, stay home from work, school and avoid public places.
- Avoid contact with other people.
- Clean hands frequently, especially after coughing, sneezing or blowing your nose. Wash your hands with soap and water or use an alcohol-based hand sanitizer.
- Cough or sneeze into your sleeve rather than your hand.
- Do not touch your eyes, nose or mouth after shaking hands or touching hard surfaces like counters and door handles or other surfaces that may contain influenza and other viruses.

To assist with the prevention of spreading the influenza virus within our schools, WRPS has equipped each classroom space within our division with non-alcoholic hand sanitizer.

For further information, please visit the following websites or ask for a printed copy from your school office.

- Alberta Health and Wellness at <http://www.health.alberta.ca>
- Alberta Health Services at <http://www.albertahealthservices.ca>
- Government of Alberta Health and Wellness at <http://www.health.alberta.ca/health-info/influenza-H1N1.html>
- Public Health Agency of Canada at <http://www.phac.aspc.gc.ca>

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