



ST. JAMES CATHOLIC SCHOOL

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PRINCIPAL
Mary Kay Tschanz

May 1, 2009

Dear Parents and Guardians:

The following letter was sent out by Superintendent George Fornero of District 113 to parents of Highwood/Highland Park. I felt that he would not mind if I amended it to fit our school's needs.

As you may already know, an outbreak of swine flu has caused the U.S. to issue a public health emergency. Although we do not have any known cases in our area, we are doing everything possible to protect the health of our students and staff, and limit the spread of swine flu.

Through the help of the Archdiocese of Chicago Office of Catholic Schools, Lake County Office of Public Health, and our local public schools we are staying informed and monitoring the situation every day. We are urging all families to follow the guidelines established by the Center for Disease Control, which may be accessed using the following web address

<http://www.cdc.gov/swineflu>

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective. (Hand gel is available at both high schools in high use areas – computer labs, cafeteria, attendance office, etc.)
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Swine flu symptoms in people are similar to regular flu symptoms and include fever, cough, sore throat, body aches, headache, chills and fatigue. Symptoms may also include diarrhea and vomiting. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions. Again, if you experience any of these symptoms, contact your health care provider.

Let me assure you that the health and well-being of our students is our top priority and we are doing everything possible to address the situation. If you have questions, please direct them to your health care provider or to me. Julie Leske is doing a wonderful job here in our school office, monitoring the situation.

Sincerely,
Mary Kay Tschanz