This Year's Flu Season.
A Message from the Health Unit

At the start of this new school year, the Health Unit wants to make sure that all parents and guardians have the facts about flu-like illness.

This year it's a different flu season because there are 2 types of flu circulating - the seasonal flu and the H1N1 flu (commonly referred to as swine flu).

The Health Unit is working closely with all school boards to help reduce the spread of all flu viruses. Information has been given to school principals and their staff to help them recognize flu symptoms and deal with illness at school.

If a student shows symptoms of a flu-like illness, parents will be asked to pick up their child and bring them home. This is very important for the health of the sick child and everyone else in the school.

The symptoms of flu-like illness may include a fever, cough, sore throat, muscle aches, joint pain, weakness or tiredness. It is important to know that children under 5 may not have a fever, but are more likely to have diarrhea or vomiting.

If your child is ill, we ask that you keep them home until their symptoms are gone. A cough can linger for weeks, so unless they have other flu symptoms, a cough should not prevent your child from returning to school.

We also encourage you and your family to follow these simple, but very effective tips to staying healthy:

- Wash your hands often with soap and water, or use alcohol-based hand sanitizer.
- Cough or sneeze into your upper sleeve or a tissue, not your hands.
- Keep commonly used surfaces like door knobs and counters clean and disinfected.
- Get both your flu shots – seasonal and H1N1.

The Health Unit offers free seasonal flu clinics each year, starting in October. Later this year, we will also offer clinics for the H1N1 flu shot. We will let the public know more about the H1N1 shot and all of our seasonal flu clinics soon. Watch for advertising and check our website at thunderbayflu.ca.

It is important to us that families have all the facts about the flu.
Please visit our website thunderbayflu.ca on a regular basis to get up-to-date information.

If you have any questions, please call us at 625-8318 or 1-888-264-6640, ext. 8318.