



*Medicine Hat  
Catholic Board of Education*

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## PANDEMIC (H1N1) 2009 - PUBLIC NOTICE#4

Release Date: October 01, 2009

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### It is our responsibility to communicate the Signs & Symptoms of Influenza-like Illness (ILI):

- Sudden onset of new cough or change in existing cough, plus 1 or more of the following:
- Fever
- Sore Throat
- Joint Pain
- Muscle Aches
- Severe Exhaustion
- Some cases may also have symptoms of diarrhea, nausea and/or vomiting
- Few cases progress to severe respiratory illness (SRI)

### Criteria for returning to Work or School:

Alberta Health & Wellness and Alberta Health Services; is strongly encouraging everyone with *Influenza-like Illness (ILI)* to stay at home until they are:

1. Symptom Free
2. Feeling Well
3. Able to resume regular activity

**We appreciate your cooperation in following these guidelines before returning to work or school.**

Additional information about Pandemic (H1N1) 2009 is available from the following websites:

- Health Canada- <http://www.hc-sc.gc.ca/index-eng.php>
- Alberta Health and Wellness- <http://www.health.alberta.ca/>
- Alberta Health Services- <http://www.albertahealthservices.ca/>
- Public Health Agency of Canada- <http://www.phac-aspc.gc.ca/index-eng.php>

**Thank you. Mr. David Leahy, Superintendent of Schools (403) 527-2292**