



# Yellowknife Catholic Schools

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Dear Parents and Guardians:

Yellowknife Catholic Schools has been researching best practices in flu prevention from school districts across Canada. We have been working with Yellowknife Health and Social Services, the GNWT Department of Health and Social Services, the Department of Education, Culture and Employment and with YK1 to develop practices and procedures to reduce the risk and the spread of the H1N1 influenza.

As you are aware, the flu can spread easily from person to person. Our schools need to work together with parents, guardians and health care professionals to help keep Yellowknife families healthy.

Some of the key steps you can take to stop the spread of the flu:

- Wash hands thoroughly with soap and warm water (hand sanitizer is an alternative – but soap and water is best).
- Cough and sneeze in your arm or sleeve.
- Avoid touching eyes, nose or mouth
- Get your annual flu shot.
- Stay home if sick.

At this time, the Department of Health and Social Services tells us that students who are healthy can safely come to school. The schools will remain open as long as operationally possible.

If you have questions about the flu please call the GNWT Flu Line at 920-3026 or the 24 hour Health Line at 1-888-255-1010. You can also get H1N1 information from the GNWT at [www.gov.nt.ca](http://www.gov.nt.ca)

We will keep you updated with important information through our website and through school newsletters. Attached is some information on what YCS has been doing to help keep staff and students healthy. If you require more information, please call your school principal.

Sincerely,

Claudia Parker  
Superintendent

*Where Learning Lights the Spirit*  
Où l'apprentissage reflète l'Esprit  
Yedàl Nezıı T'à Hoghàgoetq