

August 10, 2009

Dear CAC Parents/ Guardians,

We hope that you have had a healthy and enjoyable summer. As many of you know, the H1N1 flu virus has been in the media quite a bit over the past few months. While we do not have reason to be concerned at the moment, we want to inform you of the proactive steps we have taken to help maintain a healthy environment for your children here at CAC.

We have established a protocol for the H1N1 flu virus which is currently posted on the CAC website (go to Pandemic Flu Protocol on the main page). This rubric was developed with input from NAMRU and information posted by the U.S. Center for Disease Control (CDC). Among other things, the protocol identifies the different stages of the virus (in terms of the number of cases) and establishes the school's reaction at each level as well as the impact, if any, on classes and/or programs. We want you to be reassured that we are prepared for all possibilities.

Meanwhile, we will also continue to monitor information posted by the Egyptian Ministry of Health and will continue to provide you with updates and/or relevant information as the need arises.

In the next few days and weeks, you will notice that we are taking the following concrete steps to raise student and adult awareness regarding the basic preventative measures that will hopefully limit the spread of any infections among our school community:

- 1) Hand sanitizers will be made available around campus and in classrooms and their use will be encouraged.
- 2) The custodial staff will be frequently wiping high impact surface areas such as the turnstiles with disinfectants throughout the day.
- 3) Staff and students will be encouraged to follow the CDC's recommendations outlined below:
 - Wash hands frequently with soap and water, for 15-20 seconds
 - or alternatively use an alcohol based hand sanitizer and rub hands together until they are dry
 - Cover your mouth /nose when you cough or sneeze
 - If you have a tissue, cough/sneeze into the tissue and immediately dispose of the tissue
 - If you do not have a tissue, cough/sneeze into the curve of your arm
 - Keep your hands away from your eyes, nose and mouth
 - Stay away from those who are sick

- If you have a sore throat and run a fever, stay home
- If you are sick, stay home for 7 days after your symptoms begin or until you have been symptom-free for 24hours, whichever is longer

We encourage you to follow the above preventative measures at home with your family and stress the importance of keeping your child/children home as described above.

We hope that this information is helpful to you and encourage you to contact us at the Health Office (2755-5533, 5530 or atipton@cacegypt.org), should you have further questions or concerns.

Sincerely,

Angie Tipton
Head Nurse
Cairo American College