



December 5, 2018

Notice to Parents or Guardians

Dear Parents/Guardians:

Re: Increased Gastrointestinal & Respiratory Illness at Cardston Elementary School

There have been recent reports of cough, fever, vomiting and/or diarrhea in children that attend Cardston Elementary School. Public health is required to investigate all increases in illness to ensure that identification of the illness is determined and potential spread of the illness is limited. Most children recover from the illness on their own, but to prevent the spread of infection, parents should carry out the following precautions:

1. Children who are ill with fever, cough, vomiting or diarrhea should not attend school until 48 hours after the symptoms have disappeared, because the germs that cause the illness can be easily spread from one child to another.
2. Viruses can also be spread through coughing and sneezing. Promote and remind your child and others to practice respiratory hygiene:
  - a. cough and sneeze into their sleeve or
  - b. cover their mouth and nose with a tissue when coughing or sneezing
  - c. discard used tissues immediately after sneezing, coughing or wiping their nose
  - d. perform hand hygiene
3. Ensure that your child and others in your household wash their hands frequently, to prevent spread of illness in your home.
4. Ensure that high touch surfaces are cleaned and disinfected on a regular basis in your home. These surfaces should include door handles, bathrooms, faucets, light switches, etc.
5. For more information on childhood illness or general health information, visit [www.albertahealthservices.ca](http://www.albertahealthservices.ca) or [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or call Health Link Alberta, toll-free at 8-1-1.

Public Health staff is working closely with school staff to limit potential spread of the illness.

Sincerely,

Vivien Suttorp, MD, MPH, CCFP, FCFP  
Lead Medical Officer of Health  
Alberta Health Services – South Zone