



# Lafayette Family YMCA

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*We build strong kids, strong families, strong communities*

October 5, 2009

**Re: H1N1 flu virus**

Dear YMCA Members and Program Participants:

As you probably know, the H1N1 (Swine) flu virus is affecting Indiana. We are working very closely with local and state officials to try to prevent the spread of H1N1 among our children, members and staff. According to the Center for Disease Control and Prevention (CDC), "even under the best of circumstances, transmission of infectious diseases such as flu cannot be completely prevented in early childhood or other settings." Nonetheless, there are steps every parent can take to lower their children's chances of getting sick:

- Remind children to wash their hands frequently with soap and water: Consider giving them a small bottle of hand sanitizer for their backpack.
- Teach your children to cough into their inner elbow or into a tissue, instead of their hands. This will help prevent the spread of germs, including the flu virus.
- Get children vaccinated (a vaccine will be available later this fall).
- Keep your children at home when sick. Conduct daily health checks to make sure that your child does not have signs of the flu (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills or fatigue) before you send them to Kids' Construction Company Before & After program each day. Children with flu-like illness should remain at home and away from others for seven days after their symptoms start and at least 24 hours after they are free of fever.

There are certain people who are at an increased risk for complications from the H1N1 virus. If they have been in contact with someone with the flu, the following individuals, or their guardians, should talk with a doctor. They include:

- Women who are pregnant
- Blood disorders (including sickle cell disease)
- Chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)]
- Cancer- Diabetes- Heart disease- Kidney disorders- Liver disorders
- Neurological disorders (including nervous system, brain or spinal cord)
- Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
- People with weakened immune systems (including people with AIDS or those who are receiving chemotherapy)
- People under the age of 25

Within our YMCA, we are following guidelines put out by the public health department and we are carefully monitoring our facilities, staff and program participants. We appreciate your continued cooperation and support as we work together to reduce the spread of the H1N1 flu virus in our communities.

Sincerely,

Paul Cramer  
CEO



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