



09.17.09

# Northbrook Park District Guidelines Regarding Possible Program Closures

## H1N1 Virus - Swine Flu

We are committed to sharing information and guidelines regarding the possible impact of the H1N1 virus. As a precaution, we are following the recommendations of the Centers for Disease Control and Prevention (CDC), the Illinois Department of Public Health (IDPH) and the Cook County Health Department.

H1N1 is a virus very similar to ordinary flu viruses. H1N1 is contagious from person-to-person through coughing and/or sneezing from people infected with the virus. Symptoms include coughing, runny nose, sore throat, fever, lethargy, lack of appetite, nausea, vomiting and diarrhea.

Please check our website or call the Park District hotline at (847) 291-2985 for updates regarding program or event cancellations due to H1N1.

At present, we request that all participants or their parents/guardians follow these guidelines:

1. Participants should stay home if sick with flu-like symptoms.
2. Avoid close contact with people who are sick.
3. You should be "Fever Free" for 24 hours before having contact with the public.
3. Sneeze or cough into the inside of your elbow instead of your hand.
4. Wash your hands thoroughly/often with soap and water throughout the day.
5. Avoid touching your eyes, nose or mouth. These are methods to catch any virus and common cold.

We ask that all families enrolled in our programs be aware of the following:

1. If you or your child is sick, please do not attend NPD programs until you are certain you are healthy.
2. Be prepared to react promptly if your child displays symptoms of illness at a Park District program. You will be instructed to pick your child up as soon as possible.
3. Our goal is to minimize exposure to other participants and to act swiftly when H1N1 information is updated by the CDC.

Thank you for participating in Northbrook Park District programs and providing a healthy, safe atmosphere for all participants.