



June 9, 2009

Dear Parents,

Six weeks ago, news headlines around the world reported on outbreaks of the H1N1 Flu (Swine Flu). Since that time, public focus on the threat has receded. **There are still no confirmed cases in Tanzania**, but the IST community is about to disperse around the world as our vacation period arrives. Some of our community will visit areas where schools have recently been closed and fatalities have occurred. It is important as IST returns to start the new school year in August that IST is ready to deal with any outbreaks or threats that might occur during the vacation break.

IST has established an area of its website (www.istafrica.com --> H1N1 Flu Precautions) to alert community members about any threat that may exist at the time of the IST community returning for the new school year. If community members (students, IST faculty and staff, parents, etc.) are returning from an infected area, there **may be a request that they not come to school until seven days** without any flu symptoms after their return from the infected area. Some families may even want to plan their vacation travel to take into account this safety period.

IST will follow the advice of medical personnel and agencies about safeguarding the health of the IST school community. All safety alerts on the IST website will have been approved by medical authorities.

The following general precautionary measures to help avoid the transmission of the flu virus are:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Refrain from work or school if you are ill or develop symptoms of influenza.

As mentioned above, there are no cases reported in Tanzania. If you wish to learn more about this virus please visit www.who.int/en. Thank you for your help in keeping the IST school community as safe as possible.

Sincerely,

David J. Shawver, Ph.D.
IST Director