



HEADMISTRESS

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Swine Flu Update

I would like to draw your attention to the following Swine Flu advice.

Parents are advised to ensure that their children are kept at home if their child displays any of the following symptoms which can be very similar to the symptoms of regular seasonal flu:

- Fever (temperature exceeds 38°C)
- Fatigue
- Lack of appetite
- Coughing
- Sore throat,
- Pain in muscles and joints
- Headache and chills.
- Some people with swine flu have also reported vomiting and diarrhoea.

Children should not return to school until all symptoms have been absent for a minimum of 48 hours to minimise the risk of transmission to others.

Children developing symptoms during the school day will be sent home from school immediately.

Further Advice:

The advice to anyone who is concerned that they may have swine flu is to stay at home and access the Pandemic Flu Service - www.pandemicflu.direct.gov.uk

If you are not online, the service is available by calling 0800 1 513 100 (minicom 0800 1 513 200). However, you should phone (not visit) your GP or call NHS Direct on 0845 4647 if:

- you have a serious underlying illness
- you are pregnant
- your condition suddenly gets much worse
- your condition is still getting worse after seven days.

Health Protection Agency (HPA): 0800 1513 513 or www.hpa.org.uk

NHS Direct: 0845 4647 or www.nhsdirect.nhs.uk

NHS Important information about swine flu:

www.nhs.uk/AlertsEmergencies/Pages/Pandemicflualert.aspx

World Health Organisation: www.who.int/en

I would like to thank you in advance for your co-operation in this matter. We will continue to ensure that hygiene is treated as a priority throughout the school.

S A Sunderland
Headmistress