

Welfare News Autumn Term 2009

Swine flu advice:

What to do if your child has symptoms of swine flu?

If you think that your child may have swine flu, you should contact your GP or call the swine flu information line on (0800 1 513 513) to obtain a diagnosis over the phone.

If your child has signs and symptoms of swine flu – fever, fatigue, lack of appetite, coughing, sore throat, pain in the muscles and joints, headache and chills and in some cases vomiting and diarrhoea – you should keep your child away from school until s/he has recovered and is free of symptoms.

If your child is prescribed antiviral medicines for treatment, s/he should also stay at home until the course has been finished the course. This is to reduce the risk of the infection being spread at school.

In most cases the disease is mild, but it is also proving severe in a small minority of cases. It is preferable to avoid exposure to the virus if possible, which also helps to protect higher-risk groups from unnecessary risk. However, children should not be kept off school if they are well.

By practising good hygiene everyone can play their part and help to reduce transmission of all viruses, including swine flu.

Wash hands frequently with soap and water to reduce the spread of virus from your hands to face or to other people. Cover your mouth and nose when coughing and sneezing, using a tissue when possible. Dispose of dirty tissues promptly and carefully.

I do hope this letter will be of some help to you. Looking forward to seeing you all back at school after the summer break.

Mrs. Dunn

Welfare Officer