

GUIDANCE: SWINE FLU

By the time we return from the summer holiday break, all the evidence suggests that flu will be circulating in our communities and we will expect to see cases in the school.

Please remember that if your child is ill with flu like symptoms you must keep them at home until they are fully recovered. Siblings and other household members who are well can continue to come to school. With swine flu circulating within the community, public health advice states that closing the school will not help to slow the spread of the virus as people could still be exposed outside the school.

Equally, over the summer, many children will enjoy various activities and holiday clubs. As is usual practice, if they become ill, they should not attend until they are fully recovered. Symptoms of flu include a fever, cough, sore throat, aching muscles, sneezing, fatigue, runny nose and lack of appetite. Some people with swine flu have also reported vomiting and diarrhoea.

For most children swine flu is a mild illness. However, if you think you or your child may have flu and want to check the symptoms call the Swine Flu Information Line on 0800 1 513 513. If you are still concerned contact NHS Direct Wales on 0845 4647.

Everyone can play their part in reducing the spread of flu by practicing good hygiene:

- Washing hands frequently with soap and water to reduce the spread of virus from your hands to face or to other people.
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.
- Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
- Disposing of dirty tissues promptly and carefully.
- Making sure children follow this advice.

Please do keep us informed if your children have symptoms of swine flu when they return in September.

16th July 2009