

Information for Parents

Prevention

Everyone can play their part in helping to reduce the spread of pandemic flu. There are two key things to remember:

- a. Good hygiene practice – wash your hands regularly, particularly after coughing, sneezing or blowing your nose;
- b. If your child has flu symptoms, keep them at home. To help the wider community if you have flu symptoms do not go into work; call your manager, and try to keep away from groups of people, e.g. in shops etc.

In addition to this, you can help to reinforce good hygiene messages with your children, which they will receive at school, regarding covering their mouths when they cough or sneeze, and by washing their hands regularly and properly.

Symptoms

The symptoms of influenza are:

Most significant	Other
<ul style="list-style-type: none">• Fever• Cough and/or shortness of breath• Sudden onset of symptoms	<ul style="list-style-type: none">• Aching muscles• Sore throat• Runny nose, sneezing• Loss of appetite• Headache• Malaise (lethargy, listlessness)• Chills

Children aged 6 months or less can also have tummy aches, diarrhoea and vomiting. In very young children, tiredness, poor feeding and difficulty in breathing can also be early signs of flu.

The symptoms of pandemic flu would probably be similar to those of seasonal flu, but they could be more severe and cause more serious complications. A key message during a pandemic should however be that, in case of doubt, one should assume that an infection is pandemic flu, and act accordingly. It is better that someone stays at home for a couple of days with what might turn out to be a normal cold than that they go into work or school with the early symptoms of pandemic flu and pass the flu virus on to other people.

Communication

We will endeavour to keep you up to date with the situation as it changes. National and local press will also cover the changing situation, and will alert the community to cases that could affect the running of the school. If the situation gets to the point that the school may need to close (this is done under advice from the Chief Medical Officer) then you will be contacted by *[insert means here]*.

To enable us to keep you up to date with the changing situation, I would ask that you ensure you have provided to us your most up to date contact details, including any new mobile phone or e-mail addresses. *[Insert here how you want this information to be provided]*