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21st September, 2017

Influenza A

Dear parents,

I am writing to inform you that late yesterday we were informed we have had a reported case of Influenza A in the school/preschool.

Influenza A is spread when infected airborne droplets, produced by coughing or sneezing by someone with influenza, come into contact with another person (hands, tissues, anything spoiled by infected nose/throat discharge).

Influenza A Symptoms

- Fever and chills
- Headache and muscle aches
- Feeling tired, weak, lethargic
- Runny nose, sneezing
- Sore throat and cough

Children *may* also have abdominal pain, nausea and vomiting.

If you or your children are experiencing any of these symptoms, please seek medical assistance from your doctor and inform them that there have been confirmed cases of Influenza A in the school/preschool.

Influenza is *highly contagious* and children who have a confirmed case of Influenza, **are excluded from school/preschool until they are well**, with no fever for 24 hours (without using a fever reducing medicine like paracetamol) and with no coughing or runny noses. Children who are experiencing flu like symptoms should also be kept at home until they are well, even if they are not diagnosed with Influenza.

If your child is diagnosed with Influenza A or B, please notify me at the school. Please contact me if you have any further questions.

Kind regards,

David Manuel
Principal