

Monday 16 November

Dear Parents/Guardians,

H1N1 (Swine) Flu Advice

You are probably aware of recent cases of H1N1 (swine) flu reported in Spain. In recent months we have been implementing various measures to reduce the risk of the H1N1 flu spreading amongst the SIS community. We have: implemented new cleaning procedures across the entire school; displayed posters around the school about hygiene measures; put separate waste paper bins and tissues in all classrooms; placed new soap dispensers in some toilets; and most importantly been telling the students about best hygiene measures to prevent the spread of the flu virus. Despite these measures, there have now been two suspected cases of H1N1 (swine) flu at SIS in P6 and we are monitoring the situation very carefully.

Symptoms of H1N1 swine flu in humans are similar to those of standard seasonal flu. These include fever (high temperature), cough, sore throat, body aches, chills and fatigue. Parents must keep children at home if they are not feeling well, regardless of the symptoms, and immediately seek medical advice, especially if the child has a fever.

The best ways to prevent the spread of germs that cause illnesses like swine flu are:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the rubbish after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with people with flu symptoms, especially those with a high temperature.
- If you do have flu symptoms, do not go to work or school and limit contact with others so that you do not spread the virus.
- If you do need medical advice, do this by phone to avoid contact with others.

Teachers are reinforcing these basic health precautions with students. In addition, we request that parents remind their children at home to take these basic precautions to help protect them from illness. The motto we are using in school is

CATCH IT, BIN IT, KILL IT

For additional information, please refer to the attached sheet and websites below:

Websites in Spanish

http://www.juntadeandalucia.es/salud/sites/csalud/contenidos/Informacion_General/c_3_informacion_sobre/gripe_porcina/preguntas_respuestas_gripe_porcina?perfil=ciud

<http://espanol.cdc.gov/enes/h1n1flu/>

<http://www.who.int/csr/disease/swineflu/faq/es/index.html>

Websites in English

http://www.direct.gov.uk/en/Swineflu/DG_177831

<http://www.nhs.uk/conditions/pandemic-flu/Pages/Introduction.aspx>

<http://www.who.int/csr/disease/swineflu/en/>

We will continue to monitor this situation and will take appropriate actions as recommended by the health authorities. If you have any further questions or health concerns, please contact the school nurse or your doctor.

Yours sincerely,

Christopher T J Charleson
Head