



19th May 2009

Dear Parents

By now you will be fully aware of the outbreak of Swine flu and the possibility of a pandemic.

Swine flu is a respiratory disease normally found in pigs. Human cases of Swine flu have now been confirmed in many countries around the world including 102 cases in the UK. We have been monitoring the situation on a daily basis via the Health Protection Agency website.

Swine flu at the current time appears to be affecting mainly young people and the infection can spread quickly amongst school children as they move around the school and mix with different year groups.

To prevent the spread of infection children should be made aware of how to protect themselves and others. We have adopted the government, **Catch it, Bin it, Kill it** theme and this should be reinforced at home.

1. **Catch it** – Germs spread easily. Always carry tissues and use clean tissue to catch your cough or sneeze.
2. **Bin it** – Germs can live for several hours on a tissue. Bin the tissue as soon as possible after use.
3. **Kill it** – Hands can transfer germs to every surface you touch. Wash your hands with soap and hot water or an anti viral hand gel frequently.

Tissue will be available in all class rooms and we are currently looking at providing hand gels in appropriate areas. It would be helpful if your daughter could have her own packet of tissues and a small bottle of hand gel with her when she returns after half term.

If you have returned from or are proposing to travel to infected areas of the world during half term, please would you follow the advice of the **H.P.A.** website (www.hpa.org.uk) before returning your daughter to school.

The advice is that if you or anyone in your family are suffering from Flu like symptoms, including fever, cough, headache, sore throat, tiredness, you should stay at home, rest, drink plenty of fluids, and take paracetamol and/or Ibuprofen. If there is a possibility you may have come in contact with Swine Flu, call the Swine Flu information line on 08001 513 513 to hear the latest advice.

If you have any concerns or questions please do not hesitate to get in touch with me.

Yours sincerely

Sharon Beaumont
School Nurse