



London Flu Response Centre

Letter to all Parents and Staff at Preston Manor High School

6 July 2009

Dear Parent or staff member,

We are writing to update you on the current situation in the school.

A number of children have been absent from the school with a flu-like illness. The main symptoms are fever, runny nose, sore throat, cough, aches and pains. As there have been a significant number of children in the community with flu-like illness it is likely that transmission of the virus has already occurred in the school and the community. Therefore there is no added public health benefit from closing the school to contain the spread of the illness.

Please be reassured that most children are experiencing a mild illness similar to normal seasonal flu. If you are concerned about your child, please contact your GP for advice.

It is important that your child stays at home if they have flu-like symptoms. Your child should not attend school and not mix with others outside the home until they have recovered.

Those who do not have symptoms of flu can undertake their normal activities outside home as normal. If your child has already had symptoms of flu but is now well, there is no need to take any action for you or your family.

General infection control practices and good respiratory hand hygiene can help to reduce transmission of all viruses. This includes:

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

If you would like further advice please contact either NHS Direct on 0845 4647 or visit our website <http://www.hpa.org.uk>

Yours faithfully,

The London Flu Response Centre team