

16th September 2009

Standard Letter as suggested by the WLGA.

Dear Parent,

Now that the new school year has begun I thought it would be helpful to write to you all with the latest guidance on what to do if you think your child has swine flu.

The most important advice is that children who have symptoms of flu-like illness should stay away from school and not mix with others outside the home until they have recovered and are free of symptoms. This is to avoid spreading the infection as much as possible. Siblings and other household members who are well can continue to come to school.

Symptoms of flu include a fever, cough, sore throat, aching muscles, sneezing, fatigue, runny nose and lack of appetite. Some people with swine flu have also reported vomiting and diarrhoea.

Flu is an unpleasant illness but most healthy people, including children, will get better after a few days if they follow these steps:

1. Stay at home and rest
2. Drink plenty of fluids
3. Take medication such as paracetamol to control fever and pain

Please do not go to your GP surgery, A&E, or other healthcare premises as you may pass the infection on to other people who are at a higher risk of complications if they get the virus.

If you think your child may have flu and want to check the symptoms call the Swine Flu Information Line on 0800 1 513 513 or visit www.nhsdirect.wales.nhs.uk. If the symptoms are worsening or severe, your child has an underlying health condition (see below) or they are under five years of age you should call your doctor for advice and, if necessary, antiviral treatment.

Some people are at higher risk of complications such as those with following underlying health conditions:

- Chronic lung disease
- Chronic heart disease
- Chronic kidney disease
- Chronic liver disease
- Chronic neurological disease
- Immunosuppression (whether caused by disease or treatment)
- Diabetes mellitus
- People who have had medical treatment for their asthma within the past three years

You should also do what you can to prevent the infection from being spread to others by ensuring your family take some simple precautions:

Covering your nose♣ and mouth when coughing or sneezing, using a tissue when possible.

♣ Disposing of dirty tissues promptly and carefully.

Washing your hands♣ frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people.

Cleaning hard surfaces (such as door♣ handles) frequently using a normal cleaning product.

Making sure your♣ children follow this advice.

It is important to stress that for most people, including children, swine flu causes a mild illness. I will continue to keep you up to date with any new guidance.

Yours sincerely
Mr Davies

Additional Information available at:

[See guidance at Welsh Assembly Government | Swine flu - Contingency planning](#)