

7<sup>th</sup> February 2018



Public Health  
England

Protecting and improving the nation's health

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Dear Parent or staff member,

This letter is to inform you that a number of children/ young people have been unwell at Blackfriars School with a flu-like illness. We are now in the flu season and Public Health England have confirmed that flu is circulating as is common during this time of the year and there is therefore no need to be alarmed.

Please be reassured that most children will have a mild illness, and will recover at home without needing treatment. However, if your child has an underlying medical condition your GP may wish to consider whether a prescription of anti-viral medication is needed. If your child becomes unwell with flu-like symptoms (fever of 38°C or greater with cough, sore throat, runny nose, limb/joint pain or headache) or has problems breathing please ring your GP for further advice. It is not too late for those children who have been offered the flu vaccine this season but have not yet received it to get the flu jab which Public Health England have advised is providing good cover against the flu viruses circulating this season.

It is very important that your child stays at home and does not attend school or mix with others outside the home if they have flu-like symptoms until they have recovered. Those who do not have symptoms of flu or have already had symptoms of flu but are now well can undertake their usual activities outside of the home as normal.

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

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- 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.

Attached is a factsheet about Influenza for your information. Further information on influenza is also available on [www.nhs.uk](http://www.nhs.uk) Health A-Z/Flu

If you would like further advice on flu please contact NHS 111.

Yours sincerely

Head Teacher