North Somerset Council

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Headteacher – Miss Jo Keeble, B.A. Hons.

15th July 2009

Dear Parent or Carer,

I am writing to let you know that there are now several pupils at the school who have been diagnosed with swine flu. All those affected are being treated at home and are expected to recover well.

Following advice from the Local Authority and the Health Protection Agency, the school remains open. This is in line with updated national guidance, which also recommends that targeted preventative antiviral drugs may be suitable for people in `high risk' groups who have had household contact with cases of swine flu.

If your child has been diagnosed with swine flu, and there has been household contact with someone from a high risk group (for example, pregnant women and people with long term heart disease, or diabetes) then please discuss this by telephone with your GP. This also applies to children who themselves fall into high risk groups (see list below).

Children who have symptoms of flu-like illness should stay away from school until they have recovered and are free of symptoms. This is to avoid spreading the infection as much as possible.

You can check any symptoms online at www.nhs.uk or call the Swine Flu Information Line on 0800 1 513 513. If you are still concerned, stay at home and call your GP, who may suggest a course of anti-viral drug treatment. This is designed to reduce the symptoms and help a quicker recovery.

If your doctor does advise anti-viral treatment for a child, please let the school know as soon as possible.

It's important to point out that the vast majority of people who have swine flu make a quick recovery at home. However, you should 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.

Yours sincerely,

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Jo Keeble
Headteacher

Note: Some people are at greater risk of becoming more seriously ill from flu than others. These high risk groups are:

- People with:
  - Chronic lung disease, including some who have had drug treatment for their asthma within the past three years
  - Chronic heart disease
  - Chronic kidney disease
  - Chronic liver disease
  - Chronic neurological disease
  - Immunosuppression (whether caused by disease or treatment)
  - Diabetes mellitus
- Pregnant women
- People aged 65 years and older
- Young children under 5 years old.

I have included some useful links below:

http://www.teachernet.gov.uk/educationoverview/flupandemic/

http://www.nhsdirect.nhs.uk/

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