

12th June 2009

Dear Parents,

Cases of Swine Flu in Local Communities

You will know that there have been a number of cases of swine flu in local communities in Birmingham. Swine 'flu remains a **mild** illness, and there is no cause for alarm.

I am writing to you to reassure you that we continue to monitor sickness absence very carefully and we are working closely with health professionals to make sure that we can respond quickly if any children do develop this mild illness.

Swine flu, like seasonal flu, is easily spread by the tiny droplets in a cough or sneeze. You may sneeze into an empty space but you will leave germs on a surface that another person will pick up simply by touching that surface.

By taking a few simple steps you can help to reduce the risk of getting swine flu and to stop the virus spreading.

- **Catch it** If you sneeze or cough, do so into a tissue,
- **Bin it** dispose of that tissue quickly and carefully in a bin, and
- **Kill it** - wash your hands frequently with soap and water

We will ensure that if there are any cases in our school they are dealt with appropriately, and quickly.

What you should do as parents:

- If your child is well, please send them to school as normal unless you are advised otherwise.
- If your child (or anyone else in your household) has a high temperature and at least two other symptoms such as a cough, sore throat, runny nose, joint pain and headache, they **must** not attend school. They should stay at home and should not visit places such as clubs, places of worship and other people's homes. This will help to prevent the spread of infection.
- If your child has symptoms, ring NHS Direct, Tel. 0845 4647 for advice on what to do. Please do not visit your GP as this may help to spread any virus they have.
- Make sure that your children:
 - cover their mouths when they cough or sneeze and use a tissue,
 - throw away dirty tissues quickly and carefully,
 - wash their hands often, with soap and water.

If you want more information please call the swine flu information number on Tel. 0800 1 513 513, or visit www.direct.gov.uk/swineflu . You can also find more information at the NHS Choices website: www.nhs.uk. You can find questions and answer sheets and information there.

Yours sincerely,

P. Slough
Headteacher