



25th October 2018

Dear Parents/Guardians,

Dealing with Common Cold, Seasonal Flu and Fever

Children fall sick quite often when there is a sudden change in weather, primarily during the rainy season. The common cold and the seasonal flu (Influenza) are both respiratory illnesses caused by different viruses. To determine if a person has a cold or the flu, a special swab test needs to be done within the first few days of sickness.

Generally, a cold is milder than the flu, and those with a cold are likely to have the following:

- a runny nose
- scratchy throat
- watery eyes
- sneezing

Usually a cold will go away on its own over time and can be managed with rest, fluids, and warm salt water gargles. Sometimes a mild temperature is present. The flu is caused by any of several known influenza viruses (Influenza A or B). The flu is more severe than the common cold, and has symptoms such as:

- fever over 38°C
- runny nose
- nasal congestion
- sore throat
- body aches/muscle pain
- extreme tiredness
- weakness
- headache
- loss of appetite
- dry cough
- diarrhoea/vomiting (more common in children than adults)

We would like to request all parents to help us inhibit the sickness by monitoring their child/ren at home for any sign of fever, cold, cough or cough as mentioned above. If your child/ren show(s) any such symptom, you are advised to seek medical attention and inform the School of the diagnosis. This is because both cold and flu viruses would spread from one person to another through contact with saliva or mucous droplets from moist breath, talking, sneezing or coughing.





Here are some ways in managing fever and cold/flu:

- Allow your child to rest at home if he/she has a fever as advised by the doctor.
- Advice and encourage to **drink more water** as directed by the doctor.
- Apply cold compress or perform tepid sponging to decrease body temperature.
- Complete the course of antibiotics or antiviral medication as prescribed.
- Lozenges or warm drinks with honey and lemon may help to ease a sore throat.
- Keep your child away from others during the first 3 to 5 days of his or her cold.
- Wash your hands and your child's hands often with soap and water.
- Encourage your child to use hand sanitizers.
- Advice your child to cover his or her nose and mouth when he or she sneezes, coughs, and blows his or her nose.
- Do not let your child share toys or towels with others while he or she is sick.
- Do not let your child share foods, eating utensils, cups, or drinks with others.

Please send your children to school only when they have fully recovered. Kindly remind your children to maintain personal and hand hygiene at home and at all times.

We look forward to a safe and healthy school year. Thank you for your cooperation on this matter.

Yours sincerely,

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Ms Reka Ramakrishnan (RN)
School Nurse

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Ms Joanna Johami
Head of Junior School

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Mr Stephen West
Principal/
Head of Senior School