



19<sup>th</sup> February 2019

Dear Parents/Guardians,

## Preventing Seasonal Flu (Influenza) and Common Cold

We live in a virtual world now with the internet and technology always at our fingertips. Yet, we forget that lurking unseen, there are also viruses and bacteria ever present. These unseen forces can be a major cause of fever, common cold and outbreaks of seasonal flu from time to time. Influenza (also known as flu) is a contagious respiratory illness caused by viruses. Therefore, we would like to request all parents to help us prevent the sickness by monitoring their children at home for any sign of fever, cold/flu or cough as below:

Symptoms of common cold:

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

Symptoms of the Flu (Influenza A & B):

- 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)





If your child shows any such symptoms, you are advised to seek medical attention and inform the School of the diagnosis. To determine if your child has a cold or the flu, a special swab test needs to be done within the first few days of sickness.

This is because both cold and flu are contagious and would spread from one person to another through contact with saliva or mucous droplets from moist breath, talking, sneezing or coughing.

The followings are 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.
- Keep your child away from others/School during the first 3 to 5 days of his or her cold/flu.
- Encourage your child to wash 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.
- Providing seasonal influenza (flu) vaccination every year to your child is the most important way of preventing seasonal influenza virus infections.

We strongly advise to allow your children to rest at home if they show symptoms as mentioned above. **Please send your children to school only when they have fully recovered.** At the same time, kindly remind your children to maintain personal and hand hygiene at all times.

Your cooperation on this matter will be highly appreciated. We look forward to a safe and healthy school year. Thank you.

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