



17th June 2019

Dear Parents/Guardians,

Preventing Fever and Common Cold

We would like to bring to your attention that a number of students are currently down with common cold, cough, sore throat and fever. It is normal due to changes in the climate from time to time.

Viruses and bacteria are everywhere around us which causes fever, common cold and sometimes, outbreaks of seasonal flu. *Influenza* (also known as *flu*) is a contagious respiratory illness caused by viruses. There are a few cases of Influenza virus going on outside.

So far, there is no case of Influenza at MIGS. However, we would like to request all parents to be more cautious 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 symptom, you are advised to seek medical attention and inform the School of the diagnosis. 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.



MUTIARA INTERNATIONAL GRAMMAR SCHOOL SDN BHD

(391277-M)

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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.
- 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.
- 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 home and at all times. As a precaution, we are cleaning and disinfecting the classrooms, tables and chairs to prevent any spread of viruses or bacteria to others.

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

Thank you.

Yours sincerely,

Ms Reka (RN)
School Nurse

Ms Delphy Corray
Deputy Head of Junior School

Ms Kunasunthary
Acting Head of Senior School