



26th November 2019

Dear Parents/Guardians,

Preventing Fever and Common Cold

A number of students are currently down with common cold, cough, sore throat and fever. We would like to request all parents to remain cautious by monitoring their children at home for any sign of fever, cough or cold/flu. Symptoms outlined as below:

<u>Symptoms of common cold:</u>	<u>Symptoms of the Flu (Influenza A & B):</u>
<ul style="list-style-type: none">➤ a runny nose➤ scratchy throat➤ watery eyes➤ sneezing➤ low grade fever	<ul style="list-style-type: none">➤ 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, please do seek medical attention and inform the School of the diagnosis, as it is contagious and would spread from one person to another through possible contact of saliva/mucous droplets from moist breath, talking, sneezing or coughing.

As a precautionary measure, we are disinfecting the common school learning areas (classrooms, tables and chairs) with Dettol to reduce any possibility of the spreading of viruses/bacteria. We will also begin single entry temperature screening of the children at the porch over the next few days as a safeguarding procedure. We are also encouraging students to use hand sanitisers that are located around the campus.

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 to prevent from infecting others. At the same time, kindly remind the children to maintain personal and hand hygiene at home and at all times.

Your cooperation on this matter is highly appreciated. We look forward to ensuring a safe and healthy learning environment.

Thank you.

Yours sincerely,

Ms Reka (RN)
School Nurse

Ms Joanna Johami
Head of Junior School