School

Head Teacher

Date

Dear parent/carer,

We are currently experiencing a large number of children, and several staff with Flu-like symptoms.

We are asking that children who have any of the following symptoms are kept away from school until they are feeling better:

* High temperature
* Sore throat
* Cough (dry or productive)
* Running, or blocked nose
* Headache
* Sneezing
* General tiredness and aching joints
* Nausea/vomiting or diarrhoea (children)

It is very important that children wash their hands regularly with soap and water, and carry tissues if they have a runny nose or are coughing to try to limit the spread of infection:

**CATCH IT:** Cover your nose and mouth when coughing or sneezing and use a tissue.

**BIN IT**: Dispose of dirty tissues and bin them immediately.

**KILL IT**: Maintain good basic hygiene e.g. wash your hands frequently with soap and water

Symptoms of the flu can be treated with plenty of rest, fluids to keep hydrated, and paracetamol to help reduce temperature and aching.

For more information around flu (influenza) and the nasal flu vaccination for children please see the following: <http://www.nhs.uk/conditions/vaccinations/pages/child-flu-vaccine.aspx>

If you or your child feel very unwell, please contact your GP, or out of hours dial 111 for advice.

Yours sincerely,

Head Teacher