

Mount Pleasant Lane JMI & N School
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Dear Parent or Carer,

Swine flu update

As anticipated, the number of people with swine is rising steadily in Hertfordshire and across the UK. I would like to take the opportunity to remind parents what you need to do to prevent the spread of the virus, and what we as a school are doing. The school will stay open as usual and it is important to remember that most people with swine flu make a quick recovery at home.

The school will continue to take extra precautions to help prevent the spread of swine flu. We will encourage the children to wash their hands regularly, and tissues will be made available. Extra attention is paid to cleaning door handles and surfaces. We will not be routinely informing parents if we have cases in school. However, do please talk to us if you think your child is at a particular risk and more vulnerable to infections.

What to do if you think you have swine flu

If you or your child have flu-like symptoms such as a sudden fever, cough, a headache, sore throat, tiredness, aching muscles, sneezing, runny nose or loss of appetite you should contact the **National Pandemic Flu Service** on **0800 1 513 100** or via www.direct.gov.uk/pandemicflu. You will be directed to consult with your GP if you have underlying health conditions or fall into an 'at risk' group. Detailed information on risk groups can be found by visiting www.nhs.uk or by phoning the recorded information line on 0800 1 513 513.

Please remember to notify the school if your child is diagnosed with swine flu and they must stay at home until they have recovered and are free of symptoms.

Steps we must all take

Preventing the spread of germs is the single most effective way to slow the spread of illnesses such as swine flu. You should always:

- Cover your nose and mouth when coughing or sneezing, using a tissue when possible
- Dispose of dirty tissues promptly and carefully
- Maintain good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to face or to other people
- Clean hard surfaces (e.g. door handles) frequently using a normal cleaning product
- Make sure that children also follow this advice.

Swine flu vaccine

The swine flu vaccination programme began in October 2009. The vaccine is being given to those at the greatest risk first.

The following groups are being given the vaccine, in this order:

- People aged between six months and 65 years who usually get the seasonal flu jab.
- All pregnant women.
- People who live with those whose immune systems are compromised, such as cancer patients or people with HIV/AIDS.
- People aged 65 and over in the seasonal flu vaccine at-risk groups.

Those eligible will be contacted by their GPs. If you want to find more information about swine flu please visit www.nhs.uk or telephone the swine flu information line on 0800 1 513 513. If you think you have swine flu contact the **National Pandemic Flu Service** on **0800 1 513 100** or via the website www.direct.gov.uk/pandemicflu.

Yours sincerely,

C.J.Jukes
Headteacher



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