

H1N1 Information Sheet – for parents taking their child from school

Your child has been sent home with symptom/s which we suspect may have the influenza. We would therefore ask you to act in an appropriate way by requesting your child to:-



COVER mouth with a tissue when coughing, sneezing or yawning. If there's no tissues use your upper arm, shirt or shoulder but avoid your HAND. Remember H1N1 is spread by droplets. Please dispose of used tissues in the waste bin.

AVOID touching eyes, nose and mouth where possible.



WASH HANDS regularly with soap and warm water for longer than 1 minute. Use sanitizing hand gels when you're unable to use soap and water.

KEEP OUR DISTANCE Try not to mix with many people, as we don't want this influenza to spread around our community.



STAY AT HOME We request your child stay off school for 7 days. They should not have had a temperature for at least 24hrs before returning (with no medication to reduce their temperature e.g. Paracetamol or Ibuprofen within the 24hrs) .

If your child's symptoms become worse with:

- ❖ Shortness of breath
- ❖ Lethargy
- ❖ Persistent fever
- ❖ Decreased consciousness

Also if your child already suffers with asthma

- ❖ Chronic heart disease
- ❖ Diabetes
- ❖ Or is immunosuppressant for any reason

Please seek medical attention immediately



DO WORK AT HOME Please ask your child's teacher if there is any work that they can be doing at home.

If you require any further information please do not hesitate to contact the School Nurse