

RAUMATI BEACH SCHOOL

21st August 2018

Dear Parents and Guardians

Please be aware that we have had another student diagnosed with Influenza A in the junior school. We are asking you to be particularly vigilant.

Influenza-like illness may cause the following symptoms: fever (temperature $\geq 38^{\circ}\text{C}$ or feeling hot, sweaty, and chills), cough, sore throat, runny or stuffy nose, body aches, headache and fatigue, and sometimes diarrhoea and vomiting especially with small children. An unwell person can still be infectious even when symptoms improve, they should not return to school until 48hrs after symptoms have stopped. These symptoms usually last 3-4 days but in some cases can last up to 7 days.

If you are worried about your child's symptoms or they have long-term health problems (e.g. asthma, diabetes, kidney, heart or immunity problems), then you should phone their usual doctor or Health line 0800 611 116 for further advice. Most people recover at home and only see their GP if the illness gets worse or is not improving.

To help control the illness in school it is important that you inform a member of staff if your child has an illness like the one described above and that they stay at home until feeling well again (usually 3-4 days but up to 7 days).

It is important to use tissues to cover coughs and sneezes and to be very good about washing and drying hands thoroughly. The attached hyperlink <https://www.kidshealth.org.nz/flu-influenza> has some good tips for looking after people with flu like illness and stopping it spreading to other people at home.

There is currently also a nasty flu-like bug sweeping through the school. Please if your child is not well, keep them at home as this helps us to control the spread.

Regards

Mike Farrelly
PRINCIPAL