



Our Lady and St Chad Catholic Academy

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Dear Parent,

RE: Health Advice

This letter is to inform you that a number of children have been unwell with a flu-like illness. We are now in the flu season and Public Health England have confirmed that flu is circulating as is common during this time of the year and there is therefore **no need to be alarmed**.

Please be reassured that most children will have a **mild illness**, and will recover without needing treatment. However, if your child has a high risk medical condition and becomes severely unwell with flu-like symptoms (**fever of 38°C or greater as well as** cough, sore throat, runny nose, limb/joint pain or headache) or has problems breathing please ring your GP for further advice. It is not too late for those children who have been offered the flu vaccine this season to get the flu jab which Public Health England have advised is providing good cover against the flu viruses circulating this season.

Students who do not have symptoms of flu, or have already had symptoms of flu but are now well, **can undertake their usual activities and attend school** as normal. However, if they have flu like symptoms it is important that your child stays at home and does not mix with others outside the home until they have recovered.

General infection control practices and good hand hygiene can help to reduce transmission of all viruses, including flu. This includes:

- Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
- Disposing of dirty tissues promptly and carefully.
- Maintaining 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.
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.

See accompanying factsheet about Influenza for your information.

If you would like further advice on flu please contact NHS 111.

Yours sincerely

Miss T H L Ellis
Principal