



# BRIGHTON COLLEGE

## AL AIN

From the Assistant Head (Well-being)  
Mrs. K. Bolger

إذا كنت ترغب في مناقشة المعلومات الواردة في هذه الرسالة مع من يتحدث اللغة العربية من الموظفين، الرجاء الإتصال بمكتب الإستقبال في الكلية للمساعدة في تأمين ذلك

Wednesday, 24 January 2018

### Flu Virus

I am writing to let you know about the peak of the cold and flu season which is currently upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to infection of the throat and tonsils)
- Headache
- Mild stomach ache

The strain of 'flu can be particularly aggressive and requires that medical attention is sought

Definitely keep your child at home for treatment and observation and contact a doctor if he or she has any of these symptoms:

- Fever (greater than 37.7 Celsius, your child may return to school only after his or her temperature has been consistently below 37.7 Celsius, by mouth, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhoea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent, congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours. A child who has started antibiotics needs to be on the medication for 48 hours before considered non-contagious and able to return to school. Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimise the spread of infections and viruses in the classroom.

For more information you can call the Department of Health on 800555

We are grateful for your support in ensuring the health and safety of the children and for helping make this year at school as healthy as possible.

Kind regards,

Kerry Bolger

**Assistant Head (Well-being)**