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Dear Parent / Carer / Staff member

**Subject: Flu-like illness at The Kidsgrove Secondary School**

This letter is to inform you that a number of children have been unwell from The Kidsgrove Secondary 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 who become unwell will have a mild illness, and will recover at home without needing treatment. However, if your child has an underlying medical condition and becomes severely unwell with flu-like symptoms (fever of 38°C or greater with cough, sore throat, runny nose, limb/joint pain or headache) or has problems breathing please, ring your GP or NHS 111 for further advice. It is not too late for those children who have been offered the nasal spray flu vaccine this season but have not yet received it, to get the vaccine. Public Health England have advised is providing good cover against the flu viruses circulating this season.

If your child becomes unwell with flu like symptoms, it is very important they stay at home and do not attend school or mix with others outside the home, until they have recovered. Those who do not have symptoms of flu or have already had symptoms of flu but are now well can undertake activities outside of the home as normal.

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.

Attached is a factsheet about Influenza for your information. Further information on influenza is also available on [www.nhs.uk](http://www.nhs.uk) Health A-Z/Flu

Yours sincerely

Mrs K Mitchell  
Head of School