

Head Teacher : Mrs D Reynolds
BSc Hons QTS NPQH



Norwood Primary School

Gunthorpe Road
Gunthorpe
Peterborough
PE4 7DZ

Telephone : 01733 574717

Fax : 01733 703250

Email: office@norwood.peterborough.sch.uk

Website: www.norwoodschoo.co.uk

06/10/09

Dear Parent/Carer

This letter aims to provide the most up to date information with regards to swine flu and to answer some questions you may have. As you will be aware the numbers of people affected by swine flu slowed over the summer. For the majority of people swine flu continues to be a mild illness and most of those affected will recover at home with plenty of rest and the help of over-the-counter medicines like paracetamol.

The National Pandemic Flu Service continues to provide advice to those with swine flu and to authorise antivirals for those who need them. Antivirals are not a cure for swine flu but they can reduce the length of time people are ill and help avoid complications like developing pneumonia. It is likely there will be a 'second wave' of swine flu this autumn and we will see numbers of those contracting the illness increase once more. With this in mind it is important parents/carers can spot the signs of swine flu and give their children the right care if necessary.

There is no need to be alarmed by swine flu but we know all parents/carers will want to be prepared to nurse their youngster through any symptoms and to know where to get further advice and help. It is unlikely that school will close due to swine flu but please be aware that children will be sent home from school if they develop flu-like symptoms. It is advisable to check the school has your correct contact details.

Further information is available by visiting the NHS Choices website at www.nhs.uk or calling the swine flu information line on 0800 1 513 513.

Certain groups are advised to contact their doctor rather than use the National Pandemic Influenza Service; these are: people with serious underlying health conditions, pregnant women, children under one or children whose condition suddenly gets worse and those whose condition is still getting worse after 7 days (5 days for a child).

Health protection advice

General hygiene can help to reduce transmission of all viruses, including the swine flu virus. 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 your face or to other people
- Cleaning hard surfaces (such as door handles) frequently using a normal cleaning product.

Yours sincerely

Mrs D Reynolds

