



How to protect your child from Flu Season

Take time to get a Flu vaccine!

The Flu as an unpredictable viral disease and can affect us all when it is least expected. The best recommended strategy to fight the Flu according to the Public Health office, CDC (Centre for Disease Control and Prevention), is to get vaccinated every year.

Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community. Please consult your local physician for flu vaccination.

Help to stop the Flu from spreading!

We would like to ask for your co-operation to actively monitor the health of your children for any flu-like symptoms and to communicate any diagnosis to school. Should your child developed the below signs, please keep them home to minimize further spread and seek further advice from your local physician to receive the confirm diagnosis. If your child contracted influenza, they are likely to show at least one of the following signs:

- Fever or feeling feverish/chills.
- Cough.
- Sore throat.
- Runny or stuffy nose.
- Muscle or body aches.
- Headaches.
- Fatigue (tiredness)
- Some children may have vomiting and diarrhea.

We do not recommend parents to give fever relief medication and send their children to school. The medicine will only have the fever under control for a few hours before it starts rising again and by sending your child to school will put the rest of the students at risk of infection.

Influenza is contagious and any student who is diagnosed with influenza will be required to stay home for at least 5-7 days or until the dose of the prescribed medication has finished.

Campus protocol to prevent and stop the spread!

We will deny anyone who has a temperature of above 37.5 C to stay in campus. If the school nurse has contacted you that your child has a fever, please collect your child as soon as you can.

The school will also continue with the following steps to prevent and minimize the spread of infection.

- Do temperature screenings with students in the morning and throughout the day.
- Reinforce frequent hand washing.
- Encourage all members of the school community to use the hand sanitizing station.
- Remind students how to cough/sneeze appropriately and how to blow their nose.
- Send all students who have fevers or flu-like symptoms home.
- Continue to perform regular cleaning in every classroom and in common areas. Deep cleaning stage I is applied to the affected classrooms should there be any case reported.

We would like to ask for your cooperation in maintaining an open communication with the school and to report back if your child has been confirmed of influenza.

Thank you very much
SEA Department