

March 18, 2018

Dear parents,

This letter is to keep you informed of 5 confirmed influenza cases in EY2, KG and G3 between 14-16 March (last week). There are 2 cases of influenza A confirmed on 14<sup>th</sup> March in EY2 and G3 classes followed by 1 case of influenza B confirmed in G3 on 15<sup>th</sup> March followed by 2 cases confirmed of influenza A in KG and G3 classes on 16<sup>th</sup> March.

We really appreciate parents who have kept us informed of your child's illness. We are asking for all of your co-operation to continue to actively monitor the health of your children, encourage good hygiene, ensure that children are kept home if they have flu-like symptoms, and to communicate with the school if your child has flu-like symptoms or a confirmed diagnosis of influenza or any types of infectious diseases.

The school is continuing to apply great care in monitoring the situation and in using the strategies recommended by the BMA. Our cleaning staff has already started to perform the deep cleaning at the end of last week and this weekend to the affected classrooms and in addition to the daily routine of classroom cleaning, we will also be focusing on sanitizing surfaces and objects that are touched often in the next week.

The classroom teachers and school nurse will help to monitor the children and notify parents to pick up your child if they have fallen ill during the day. Please understand that school is like any other congregational place where children are susceptible to illnesses and that 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.

### **Transmission**

Flu virus spreads from person to person through respiratory droplets. These droplets are expelled when an infected person coughs, sneezes or talks. If these droplets get into a healthy person's eyes, nose or mouth, that person can become infected with the flu. People are contagious, (able to spread the infection), about a day before symptoms develop, and remain contagious for about five to seven days after becoming sick. Children may remain contagious for a longer period.

### **Symptoms**

Please be reminded again that people who have the flu often feel some or all of these signs and symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\*It's important to note that not everyone with flu will have a fever.

### **Treatment**

Flu typically lasts one to two weeks, with severe symptoms spreading over two to three days. However, weakness, fatigue, dry cough, and a reduced ability to exercise can stay for three to seven days.

Please be advised to seek professional medical care if your child has high fever, aching muscles, headache and or severe malaise and tiredness. Antivirals are most effective when given soon after symptoms start, so it is especially important for people at higher risk of severe illness to see a doctor promptly.

**Prevention**

Prevention is through vaccination and hygiene. An annual seasonal flu vaccine is recommended to children as young as 6 months and is viewed as one of the best ways to reduce the chances that your child will contact seasonal flu and therefore lessen the chance that they will spread it to others. Please consult your local health care provider for information about receiving the flu vaccine. We would like to provide you with the following information regarding flu vaccination.

**What can you do to avoid influenza infection?**

The influenza virus, often known as “the flu”, is a concern of people worldwide. Thailand’s flu season usually coincides with its wet season. The spread of various types of the influenza virus through the years have made it difficult to predict which types will spread in any given season.

Those who are at risk of developing complications from influenza includes, small children ages 2-5 years old and people who are in need of constant care or are suffering from chronic diseases such as asthma and diabetes.

An excellent way to prevent the flu is to get vaccinated at least every year especially those who are at risk for complications. The immune system your body has against influenza weakens every few months while the influenza virus continually evolves. By getting vaccinated annually, your immune system is kept at a high level and is able to protect your body against the latest types of the influenza virus. You can get vaccinated at any age, starting at six months old.

The announcement in September 2017 by WHO’s new release of the vaccine “2018 Southern hemisphere influenza season” recommends the three component vaccines to contain:

- an A/Michigan/45/2015 (H1N1)pdm09-like virus;
- an A/Singapore/INFIMH-16-0019/2016 (H3N2)-like virus; and
- a B/Phuket/3073/2013-like virus.

Please also consult with your doctor if your child has egg allergies due to the vaccine may contain a small amount of egg protein.

Below is the current influenza vaccination package from 3 well-known hospitals. The new release of the flu vaccine that will cover the 2018 Southern hemisphere influenza season, will be available around May-June 2018. We ask that you check with the hospital nearer the time for the exact arrival date of the new released vaccine. However, it is recommended that the current southern hemisphere will be able to cover the seasonal influenza that has been going around.

<b>Recommended Hospitals</b>	<b>Estimated price*</b>	<b>Contact number</b>
Bumrungrad International Hospital	1,160 baht	02 066 8888
Bangkok Hospital	1,100 baht	1719 (local)
Samitivej Hospital, Sukhumvit	1,300 baht	02 022 2222

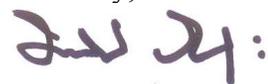
\*please contact hospital directly to receive exact quote.

KIS would like to maintain our open line of communication. All families can see the total number of influenza cases by visiting the SEA blog > Health Update <http://klearning.ict.kis.ac.th/kblog/sea/health-updates/infectious-diseases-update/> to view daily update.

If your child is diagnosed with influenza, please inform your child's teacher and also the school administration at 02-274-3444 ext. 1106, 1101 (primary school) and 4124 (secondary school) or email [kishealth@kis.ac.th](mailto:kishealth@kis.ac.th) Your child must finish an antiviral drug prescribed by the doctor before returning to school. A doctor's note must accompany the absence and the school nurse will do the screening on the first day of your child returning back to school.

Through these routines, we hope to minimize the number of infections and keep KIS a safe and healthy campus for the entire community.

Sincerely,

A handwritten signature in purple ink, appearing to read 'Manasinee Kovitgoolkri'.

Manasinee Kovitgoolkri  
SEA Director

**Website references:**

Influenza: Centre of Disease Control website <https://www.cdc.gov/flu/keyfacts.htm> (English),  
<http://www.doctor.or.th/article/detail/7878> (Thai)  
Flu vaccine (2018 southern strain): WHO website  
[http://www.who.int/influenza/vaccines/virus/recommendations/2018\\_south/en/](http://www.who.int/influenza/vaccines/virus/recommendations/2018_south/en/)  
Quadrivalent vaccine: Centre of Disease Control website  
<https://www.cdc.gov/flu/protect/vaccine/quadrivalent.htm>