

THE GRAMMAR SCHOOL  
GRAMMAR JUNIOR SCHOOL

9 September 2009

Due to concerns about the Swine Flu, Influenza A (H1N1) we have included some Frequently Asked Questions for parents, students and teachers to consult where necessary.

1. *What are the symptoms of swine flu, Influenza A (H1N1)?*

Parents should be vigilant regarding any of the following:

- Sudden fever
- Diarrhea
- Sneezing, runny nose, loss of appetite
- Sore throat
- Headache, aching muscles, chills
- A dry cough or shortness of breath

2. *Who is considered potentially high risk?*

Some people are at a greater risk of becoming more seriously ill from flu than others. Some of these **high risk** groups are:

People with:

- \* Chronic diseases such as lung (asthma) heart, liver and kidney diseases
- \* Diabetes mellitus
- \* Pregnant women
- \* People aged 65 years and over
- \* Young children under 5 years old

3. *If my child is in a high risk group, what should I do?*

- Consult your doctor for advice.
- Contact the School Nurse so that she has a record of the student and class in her computer.

4. *How is the swine flu spread?*

The swine flu is spread by an infected person coughing and sneezing or from touching infected surfaces.

5. *For how long is a person with swine flu infectious?*

A minimum of 7 days

6. *What precautions can I take to prevent my child catching the swine flu?*

Measures should be followed at home and at school with regard to personal hygiene in order to minimize the risk of infection. **It is advisable to make sure that your child has a supply of tissues and anti-bacterial gel in his/her school bag.**

#### PRECAUTIONS

- a. Always use a tissue to cover your nose and mouth when coughing or sneezing,
- b. Dispose of dirty tissues promptly and carefully.
- c. Wash your hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people. Dry thoroughly.
- d. Clean hard surfaces (such as door handles) frequently using a normal cleaning product.

7. *What action has The Grammar School taken concerning the swine flu?*

The cleaning staff of the Grammar School is working very hard to ensure that hygiene at the School is pursued actively and effectively. This includes:

- The appropriate resources so that communal areas of the school are cleaned thoroughly and regularly.
- Anti-bacterial soap and anti-bacterial gel has been placed in all the toilets, the staffroom and in offices.
- Classrooms are well ventilated throughout the day.
- Students will be reminded of the importance of personal hygiene systematically during the mentor time.
- Students who are absent due to a prolonged illness will be assisted by their teachers, under the School's instructions, so as to minimize the impact of their absence on their educational progress.
- Parents will be informed as to any changes or developments **in case of** an outbreak of Influenza A, H1N1 at the School.
- The School Nurse is available to answer any queries that you may have regarding the health of your child. **You should however consult your family doctor for detailed advice if necessary.**

8. *Who should I talk to at the Grammar School if I have a question regarding my child's health?*

The School Nurse should be contacted regarding all health matters.

The Grammar School health form must be completed and returned as soon as possible. If there is any change in a student's details or health record, it is imperative that the nurse is fully informed.

9. *If my child feels ill in the morning, should I still send him/her to school?*

Children with a temperature or flu-like symptoms must be kept at home and return to school with a doctor's note when they have recovered.

10. *What will happen if my son/daughter gets a temperature at school or displays flu-like symptoms?*

He/She will be referred to the School Nurse. The nurse will assess the situation and take the child's temperature. If she judges that the child should be sent home, she will call the parents to collect the child.

In case of flu symptoms, a mask will be issued to the student and he/she will wait for his/her parents in a separate area. Parents should collect their child **without delay** and consult a doctor where necessary.

11. *Someone in my household has tested positive for the swine flu, should I still send my child to school?*

Consult your doctor immediately and inform the School.

12. *What should I do if my child develops flu-like symptoms?*

Call the school and inform the nurse or secretaries.

Do not send him/her to school.

Consult your doctor.

13. *If the child receives a diagnosis of swine flu, what should I do as regards the school?*

Inform the School Nurse so the necessary precautions are taken regarding other students, especially those in the high risk group.

Keep the child at home for a period of at least 7 days. Consult the nurse upon the child's return to school. She may require guidance from the child's doctor.

Please ensure that your child does not have visitors during the time he/she is infectious.

14. *If my child has a fever, how long should he/she stay at home?*  
Students with an illness of any kind that causes fever should stay at home until the fever has passed for at least 24 hours without medication. Consult your doctor.
15. *What will happen if my child has to be away from school for a number of days due to illness?*  
Teachers will assist the student upon return to school to make arrangements to cover material missed and prepare any necessary make-up tests. Classmates can also help by noting down work that is assigned. It is very important that students who have been ill are not placed under additional stress.
16. *If there is a case of swine flu at the School, what action will the school take?*  
The School will be in close contact with the Ministry of Health and medical advisers. Further to this the School will take the normal action to keep the student away from school for 7 days or until the doctor advises otherwise.
17. *Where can I go for further information?*  
Useful websites are: <http://www.ecdc.europa.eu/> and <http://www.who.int/>