



Manchester High School for Girls Swine Flu Information (updated 01/09/09)

The following message was issued by the Secretary of State, Ed Balls on 26 August 2009:

We have been closely monitoring the spread and severity of swine flu over the school holidays. The latest scientific advice to the Government is that individual school closures are now of limited benefit in stopping the spread of disease.

Given the mildness of the virus, the expert medical advice is that there is no good reason for schools to remain closed after the summer holiday. We therefore expect all schools and early-years and childcare settings in England to reopen as planned at the beginning of the new term.

However, it is still essential that adults or children with flu-like symptoms should stay away until they are free of those symptoms.

In keeping with this advice MHSG will open as planned for the start of term; it is essential, however that any adults or children with flu-like symptoms should stay away until they are free of those symptoms. It is also important that school staff, pupils and parents continue to be sensible about maintaining good hygiene and vigilant about swine flu symptoms.

Good Hygiene

The guidance provided by the NHS states that you should:

- Wash hands frequently with soap and water to reduce the spread of virus from your hands to face or to other people
- Cover your nose and mouth when coughing or sneezing, using a tissue when possible (please ensure your child has a supply of tissues)
- Dispose of dirty tissues promptly and carefully
- Clean hard surfaces (eg door handles) frequently using a normal cleaning product
- Make sure children follow this advice

How do I tell if my daughter has Swine Flu?

If you think your child has swine flu, current advice is to check the symptoms with the National Pandemic Flu Service on 0800 15 13 100 or at www.pandemicflu.direct.gov.uk.

Certain groups are advised to contact their doctor if they think they have swine flu, rather than contacting the National Pandemic Flu Service. These are: adults and children with serious underlying health conditions, pregnant women, children under one year of age, adults and children whose condition suddenly gets worse, or those whose condition is still getting worse after 5 days (if a child; 7 days for an adult).

If you think your daughter has swine flu please let us know via telephone and keep her away from school until she has been free of symptoms for one full day.

If your daughter has had swine flu symptoms during the summer holiday, please also let us know.

If your daughter is prescribed anti viral medicines for treatment, please keep her at home until she has finished the course.

Possible Symptoms of H1N1/Swine Flu

Fever
Fatigue
Lack of appetite
Sneezing
Coughing
Sore throat
Runny nose
Pain in muscles and joints
Headache
Chills
Vomiting
Diarrhoea

School Procedures

School will continue to operate as usual unless we receive advice to the contrary.

If a girl feels unwell during the school day she should go to the Medical Room and see the School Nurse.

We will use our school website and email to keep parents informed of any significant developments affecting school policy. If appropriate, we will also telephone or write to parents.

It is particularly important that we are able to contact parents quickly and efficiently so please inform us immediately of any change in contact details.

Further Advice

If you would like further advice please contact either NHS Direct on 0845 4647 or visit the HPA website (<http://www.hpa.org.uk>), which includes advice for parents and carers of children: http://www.hpa.org.uk/web/HPAweb&HPAwebStandard/HPAweb_C/1247816586652.