



Wednesday, April 22, 2009

## 'A' STRAIN INFLUENZA

Dear Parents,

I need to inform you that we have a case of Influenza in school (A Strain), in our Galileo Class.

Influenza is commonly known as "the flu," is a highly contagious viral infection of the respiratory tract and unfortunately children tend to get it more often than adults.

### **Signs and Symptoms**

The flu is often confused with the common cold, but flu symptoms are usually more severe than the typical sneezing and stuffiness of a cold.

Symptoms of the flu may include:

- fever
- chills
- headache
- muscle aches
- dizziness
- loss of appetite
- tiredness
- cough
- sore throat
- runny nose
- nausea or vomiting
- weakness
- ear pain
- diarrhea

Headache and fever are often early indicators. If you believe your child may be unwell, please keep him/her at home and if symptoms persist consult a doctor. If you are able to confirm that your child has the 'flu' virus, please inform the school office immediately so that we can monitor the spread.

For further information I recommend the website:

[www.kidshealth.org](http://www.kidshealth.org)

Thank you and kind regards,

Julia Burks  
Head of School