

Health Update

Friday, 1 May 2009

Swine Flu

Dear Parents,

There has been much concern over the recent emergence of swine flu and what this means for our school community. The swine flu (H1N1) is a respiratory disease that regularly causes outbreaks in pigs. It does not normally infect humans but recent infections have occurred. The symptoms of this flu are the same as the seasonal flu virus: **fever, lethargy, lack of appetite, coughing, nausea, vomiting, and diarrhea**. This virus is spread mainly through person-to-person contact through coughing or sneezing of infected people. The virus cannot be transmitted by eating cooked pork.

Please know that we are monitoring the Centers for Disease Control (CDC) and the World Health Organization (WHO) websites daily and keeping a close eye on the situation here in Korea. As of this morning there are no confirmed cases of swine flu in Korea. If it appears that the swine flu outbreak will have an immediate effect on our school, we will inform you of a more aggressive set of steps toward addressing safety. *(Due to many students having siblings at Seoul Foreign School we will be keeping consistent with the SFS policy which indicates that school will be closed for 7 days should a confirmed case arise within the SFS or ECLC school community.)*

In the meantime, the safety of our children and ensuring the school year closes with as little disruption as possible is of utmost importance. In saying that, we ask that you or your child do not come to school if you have a fever (above 38 degrees Celsius or 100.4 degrees Fahrenheit) AND any of the flu symptoms. We ask that you seek medical attention and not send your child back to school until they are free of fever for 24 hours without the use of fever-reducing medication. We also ask that you inform the school office immediately should you, your child or a family member be diagnosed with swine flu (H1N1)

Some actions that you and your family can take to stay healthy include:

- covering your nose and mouth with a tissue when you cough or sneeze
- throwing used tissues in the trash after use
- washing hands frequently with soap and water, especially after coughing or sneezing
- using alcohol-based hands cleansers are also effective (and will be available at ECLC)
- avoiding touching eyes, nose or mouth
- avoiding close contact with people who appear unwell

For further information I recommend the following websites:

Centers for Disease Control:

<http://www.cdc.gov/swineflu/pdf/keyfacts.pdf>

Kids Health

http://kidshealth.org/research/swine_flu_cases.html

World Health Organization

www.who.org

I will keep you updated about any developments that will impact the ECLC community.

If you have any further questions, please contact me at the school at 795-8418.

Thank you for your cooperation,

Alison

School Health Specialist