



Eastwood College - Mansourieh  
Swine Flu Pandemic

September 28<sup>th</sup>, 2009

Dear Parents,

Swine flu can be easily spread from person to person; therefore, the school is taking extra precautionary measures to reduce its transmission. We want to keep the school open to students and functioning in a normal manner during the flu season.

As a school, we will take some necessary precautions. Your cooperation will play an important role in reducing the spread of influenza.

**If the flu becomes more severe**, we may take additional steps to prevent the spread such as:

- ▶ conducting active fever and flu symptom screening of students and staff as they arrive at school. **The school now has a “non-contact thermometer”** with which fever is taken without the thermometer touching one’s body
- ▶ making changes to **increase the space between students** such as moving desks further apart and postponing class trips
- ▶ **dismissing students** from school for at least 7 days if they fall ill

For now we are doing everything we can to keep our school function as usual. Here are a few things you can do to help:

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater) cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rubs. You can set a good example by doing this yourself. Moreover, you may provide your child/children with wet wipes and alcohol-based hand rubs.
- **Teach your children not to share personal items** like drinks, food or un-washed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand can be beneficial when a tissue is unavailable.



- **If a household member is sick, keep any school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.
- **Keep sick children at home** for at least 24 hours after they no longer have fever or do not have sign of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected. Teachers will deliver lessons and homework to absent students either through phone calls or with the bus driver. Tests and exams will be postponed until the students return to school.
- **Do not send children to school if they are sick.** Any child who is determined to be sick while at school will be sent home.
- **The school bus driver will not allow any student to come to school** if he/she is sick.

I, the School Nurse will hold one session for the whole school, to explain details about swine flu and provide basic information to help students and staff implement the new requirements.

For more information visit [www.flu.gov](http://www.flu.gov)

Sincerely,

Mireille Chrabieh  
*School Nurse*