

Dear Parents,

For your information.

We have a couple of reported cases of flu at the school and at pre-school.

The children are at home recovering.

We are grateful to the parents for informing us, as it will help us as far as reducing the spread of flu at school through the winter months.

We continue to encourage you, to keep children with contagious symptoms at home an extra day or two after recovery.

To prevent further spread please follow these rules:

Do not bring your child to the school if ill, even when you pick up your other children. If you need to bring them, please do not let them play with the other children at school.

Please make the necessary arrangements with a friend to bring your well child to the parking area or ask your child's teacher for need help.

This is to prevent further spread.

At SSB we have both children and staff in this high risk group so therefore another reason for why it is so important that you keep your ill children at home!

If your child develops any of the below mentioned symptoms during the school day, we will contact you, so that you can bring them home.

Symptoms of flu may include:

- fever
- aching muscles and joints
- headache
- respiratory symptoms cough
- sore throat
- general malaise, feeling really unwell
- diarrhea
- vomiting

As mentioned before the seasonal flu vaccine is already available via your family doctor. The influenza A (H1N1) vaccine is available for the people in the high risk groups and has begun this week. You need to consult your family doctor for this.

From November 14th, there will be a centre in Waterloo where the Influenza A vaccine will be given on Wednesday evenings and Saturday mornings.

More information and official advice from the Belgian Authorities, when I receive it.

Once again a reminder of every day actions that can prevent the spread of these germs and protect yourself and the surroundings:

- Good hygiene (check out the guide to perfect hand hygiene).
- Cough etiquette: cover your nose and mouth when you cough or sneeze (with tissue or elbow) then hand wash.
- Avoid touching the T zone (the eyes, nose and mouth)
- Avoid close contact with people who are ill.
- If you get sick with the influenza or have any of the above mentioned symptoms stay home until the flu symptoms are gone (normally max 7 days after 1 symptom) to prevent contamination at the school.
- Help us encourage your children, good hygiene manners. Such as the use of disinfectant gel in class rooms and in the bathrooms (THE WHITE CONTAINERS) and in the Cafeteria plus next to the salad bar, before eating, before using the computers after the breaks, toilet visit etc....Encourage them to use the guide to perfect hand hygiene.
- Respect the “school/infirmiry policy” that any students with infectious symptoms are sent home and should be kept at home until the flu symptoms are gone, to prevent contamination at the school.
- If you should get Influenza A, YOU MUST inform the school nurse or the head- and deputies at SSB.

Information specific on the current situation in Belgium can be found at:

www.influenza.be. Direction Generale Centre de Crise, Belgium.

Information concerning guidelines worldwide: www.who.int

Thank you for your co-operation.

Best Regards

Ina Metz Mørch

School Nurse SSB