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| **Infants:**  Etsome Terrace,  Somerton, TA11 6LY  Tel: 01458 272537  office@somerton.somerset.sch.uk | C:\Users\jennifer.bown\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\S2XBYA00\king_ina_logo_large_blue.jpg | **Juniors:**  School Lane, Kirkham St.,  Somerton, TA11 7NL  Tel: 01458 272587  office@monteclefe.somerset.sch.uk |

Registered Office: School Lane, Kirkham Street, Somerton, Somerset TA11 7NL

15th March, 2016

**Important Medical Information for Parents**

**SWINE FLU**

We have been notified of a case of swine flu in school so here is some information for you.

Symptoms include:

* a sudden fever – a temperature of 38C (100.4F) or above
* tiredness
* aching muscles or joint pain
* a headache
* a runny or blocked nose

Most people recover within a week, even without special treatment. The best remedy is to rest at home, keep warm and drink plenty of water to avoid [dehydration](http://www.nhs.uk/Conditions/Dehydration/Pages/Introduction.aspx). You can take [paracetamol](http://www.nhs.uk/conditions/Painkillers-paracetamol/Pages/Introduction.aspx) or [ibuprofen](http://www.nhs.uk/conditions/Painkillers-ibuprofen/Pages/Introduction.aspx) to lower a high temperature and relieve aches.

If you are otherwise fit and healthy, there is usually no need to visit your GP if you have flu-like symptoms. However you should see your GP if you have flu-like symptoms and are at a higher risk of [complications of seasonal flu](http://www.nhs.uk/Conditions/Flu/Pages/Complications.aspx).

This includes:

* children under two years old
* anyone over the age of 65
* pregnant women
* children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
* children and adults with weakened immune systems

**Preventing the spread of flu**

To reduce your risk of getting flu or spreading it to other people, you should always:

* make sure you wash your hands regularly with soap and warm water
* clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs
* use tissues to cover your mouth and nose when you cough or sneeze
* put used tissues in a bin as soon as possible

For more information: www.nhs.uk