



Pandemic preparation - Influenza A (H1N1) swine flu

Dear parents or caregivers

Most of you will be aware that a swine flu virus (H1N1) is affecting people in New Zealand and overseas. The WHO (World Health Organisation) has declared a pandemic.

The government is working on minimising the effects of the influenza pandemic in New Zealand. Schools have been asked to update their own pandemic plans.

Our school is talking with health officials and we have been advised that there is no reason for alarm. Our school will stay open until further notice. Our own pandemic plans mean that we have systems in place to help us cope if anything changes.

The most important thing you can do as parents and caregivers is reinforce these messages to your children:

- Ensure your children wash and dry their hands thoroughly and regularly – especially before meals and after toileting.
- Always use a disposable tissue when coughing or sneezing and discard it in a closed rubbish bin.

If your child has flu-like symptoms, please keep them home until a doctor or nurse has checked them and okayed them to return to school. Swine flu symptoms are similar to seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have also reported diarrhoea and vomiting.

We're updating our emergency contact details for all students and staff. Please **complete the attached form and return it to your child's classroom teacher tomorrow.**

The board of trustees and I are working closely with staff to ensure that all students at our school are kept as safe as possible.

If you have any questions or concerns please contact me directly. Thank you.

Yours sincerely

Deidre Alderson
Principal