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[www.publichealthwales.org](http://www.publichealthwales.org)

5<sup>th</sup> January 2011

### Dear Parent/ Guardian

As you may already be aware there is seasonal influenza (flu) circulating in the community at present. There are several strains of seasonal flu including A (H1n1 or Swine Flu) and B.

The symptoms of influenza include; Cough - Sore Throat - Headache - Muscle aches and pains - Fatigue

The majority of individuals recover following influenza with no problems, however, occasionally severe illness may occur especially in some vulnerable groups.

Pregnant women and those with chronic disease may already be protected by influenza immunisation, if not or if you have any other queries please contact your family doctor and take this letter with you.

Frontline healthcare professionals who have not already been immunised should contact their occupational health department.

If you are concerned regarding the health of your child or any family member, please ensure that you seek the advice of your family doctor. In order to prevent further spread of this illness parents **should not** send their children to school if symptomatic, and keep them away until recovered.

Symptomatic individuals should also be excluded from school attendance for any other events including sports, concerts, and other performances.

To prevent spread of the infection, please encourage these basic infection control practices within your household:

- Washing hands frequently with soap and water to reduce the spread of the virus from hands to face or to other people.
- Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
- Disposing of dirty tissues promptly and carefully.
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.

If you require any medical advice please contact your family doctor, or for further Public Health advice please contact the Health Protection Team 02920 402478.

Yours sincerely

Dr Marion Lyons

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