



Public Health England

Protecting and improving the nation's health

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Our ref: HPZ 160777

26th January 2016

Dear Parent or staff member,

Re: Suspected influenza outbreak at St Francis Primary School, ME16 0LB

This letter is to inform you that we have received reports that, over the last couple days, a number of children have been absent from the above school with a flu-like illness.

As there have been a number of children in the school with a flu-like illness, it is likely that a flu virus is circulating within the school. This is to be expected at this time of year and is in-line with what we are seeing in the local community.

Flu vaccination offers the best protection for those at high risk from seasonal flu. If your child normally has the seasonal flu vaccination and has not received it this year, then **please contact your GP to arrange this as soon as possible.**

If you are unsure whether your child should receive the vaccination then please contact your GP as soon as possible, to discuss further.

Most children will have a mild illness, and will recover at home without needing treatment. However, if your child has a complex medical history it is important that your GP promptly assesses your child if they develop any of the following symptoms: fever (38°C or greater) and flu-like symptoms (cough, sore throat, runny nose, limb/joint pain or headache). They will then advise whether your child should receive antiviral treatment.

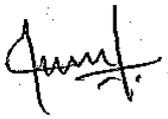
It is very important that your child stays at home if they have flu-like symptoms. Your child should not attend school and not mix with others outside the home if they have symptoms. Those who do not have symptoms of flu can undertake their usual activities outside of the home as normal.

General infection control practices and good hand hygiene can help to reduce transmission of all viruses, including flu. This includes:

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

I have provided a fact sheet for your information and if you would like further advice on flu please contact either NHS 111 or visit the NHS Choices website at [Flu - NHS Choices](#).

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Esther Ekong', with a stylized flourish at the end.

Esther Ekong
Health Protection Practitioner
E hpu-kent@phe.gov.uk