

**SEASONAL INFLUENZA (FLU) AWARENESS – PARENT GUIDELINES**

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Dear Parents,

With the change in season, cases of seasonal influenza (flu) often increase among children and adults. Influenza is a contagious respiratory illness that affects the nose, throat, and sometimes the lungs, and can range from mild to severe illness. It is important for parents to be aware of their symptoms, methods of prevention, and when to seek medical attention.

**Flu Symptoms**

Unlike a common cold, flu symptoms usually appear suddenly. A person with flu may experience one or more of the following:

- Fever or feeling feverish or chills.
- Cough.
- Sore throat.
- Runny or stuffy nose.
- Muscle or body aches.
- Headaches.
- Fatigue (tiredness).
- Vomiting and diarrhea (more common in children than adults).

*Note: Not everyone with flu will have a fever.*

**How Flu Spreads ?**

Flu viruses spread mainly through tiny droplets released when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people nearby. Less commonly, infection can occur by touching contaminated surfaces and then touching the eyes, nose, or mouth.

**Prevention and Protection**

- Ensure your child receives the seasonal influenza vaccine every year. *Vaccination is the most effective way to prevent flu.*
- Encourage good personal hygiene habits:
  - ✓ Frequent handwashing with soap and water for at least 20 seconds.
  - ✓ Covering coughs and sneezes with a tissue or elbow.
  - ✓ Avoiding touching the face after contact with surfaces.
  - ✓ Avoiding close contact with sick individuals.

**When to Keep Your Child at Home?**

Please do not send your child to school if they develop symptoms such as:

- Fever.
- Vomiting or diarrhea.
- General fatigue, weakness, or muscle aches.
- Persistent cough (dry or wet).
- Runny or blocked nose.

If your child is diagnosed with influenza, kindly provide the school doctor/nurse with the clinic or hospital report and lab results (if available). Children should only return to school once fully recovered — at least **24 hours after being fever-free without the use of fever-reducing medication.**

**Important Reminder**

Please inform the class teacher or school doctor/nurse if your child develops a serious illness or is admitted to the hospital.

We sincerely request your cooperation in helping us maintain a safe, clean, and healthy environment for all students.

Warm regards,



**Asha Alexander** أشا ألكسندر

**Principal** مديرة المدرسة

**Executive Leader - Climate Change** الرئيس التنفيذي - تغير المناخ

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