

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

Dear Parents,

With the change in season, cases of seasonal influenza (flu) and other respiratory illnesses tend to increase among children and adults. Influenza is a contagious respiratory illness that affects the nose, throat, and sometimes the lungs, with symptoms ranging from mild to severe. We encourage all parents to remain vigilant and take appropriate preventive measures to protect their children and the wider school community.

**Flu Symptoms**

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

- Fever or chills
- Cough
- Sore throat
- Runny or blocked nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhoea (more common in children than adults)

**Note:** Not everyone with influenza will develop a fever.

**How Flu Spreads**

Flu viruses spread mainly through respiratory droplets released when an infected person coughs, sneezes, or talks. Infection may also occur by touching contaminated surfaces and then touching the eyes, nose, or mouth.

**Prevention and Protection**

To help prevent the spread of influenza, we recommend the following:

- Ensure your child receives the seasonal influenza vaccine each year.
- Encourage frequent handwashing with soap and water for at least 20 seconds.
- Cover coughs and sneezes with a tissue or elbow.
- Avoid touching the face after contact with frequently touched surfaces.
- Maintain appropriate personal hygiene practices.
- Use masks where necessary, particularly when experiencing mild respiratory symptoms.
- Use hand sanitisers regularly and encourage safe distancing whenever appropriate.
- Avoid close contact with individuals who are unwell.

**When to Keep Your Child at Home**

Please do not send your child to school if they exhibit any of the following symptoms:

- Fever
- Vomiting or diarrhoea
- General fatigue, weakness, or body 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 laboratory results (if available).

In accordance with Dubai Health Authority guidance, if your child tests positive for **Influenza viruses or Respiratory Syncytial Virus (RSV)**, they should remain at home until:

- They have completed the prescribed course of antiviral medication (if prescribed); and
- They have been free from fever for at least **24 hours without the use of fever-reducing medication**; and
- Their symptoms have significantly improved.

### **Supporting Recovery at Home**

While recovering at home, we encourage the following measures:

- Ensure your child gets plenty of rest.
- Encourage adequate fluid intake to prevent dehydration.
- Provide nutritious meals and warm fluids as tolerated.
- Follow any prescribed medications and medical recommendations.
- Monitor symptoms closely and seek medical attention if symptoms worsen or persist.
- Continue practicing preventive measures such as maintaining safe distance, good personal hygiene, wearing masks when appropriate, using sanitisers, and frequent handwashing.

### **Important Reminder**

Please inform the Class Teacher/Supervisor if your child develops a serious illness or requires hospital admission.

Your cooperation plays a vital role in helping us maintain a safe, healthy, and supportive learning environment for all students. We sincerely appreciate your partnership in safeguarding the wellbeing of our school community.

**Thank you for your continued support and cooperation.**

Warm regards,



**Asha Alexander** أشا الكسندر

**Principal** مديرة المدرسة

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