



CRESTWOOD
COMMUNITY SCHOOL

KDS/JSS

29 January 2019

Dear Parents/Carers

Flu-like Illness at Crestwood Community School

This letter is to inform you that we have received reports of a number of children absent from the school with a flu-like illness in recent days and consider it likely that a flu (influenza) 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. We have received the following advice from Public Health England that we have been advised to share with you.

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

Most children will have a relatively mild illness, and will recover at home without needing treatment. However, if your child has a complex medical history including:-

- Chronic (long-term) lung/airway diseases (including severe asthma requiring steroids)
- Chronic heart disease
- Chronic kidney disease
- Chronic liver disease
- Chronic neurological disease or learning disability
- Diabetes
- Weakened immune system due to disease such as HIV/Aids or treatment such as cancer treatment
- No spleen or dysfunction of the spleen
- Pregnancy
- Morbid obesity (BMI equal to or above 40)

Crestwood Community School

Shakespeare Campus, Shakespeare Road, Eastleigh, Hampshire, SO50 4FZ | Cherbourg Campus, Cherbourg Road, Eastleigh, Hampshire, SO50 5EL

Email: adminoffice@crestwood.hants.sch.uk Tel: 023 8064 1232 Web: www.crestwood.hants.sch.uk



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It is important that your GP promptly assesses your child if they develop any of the following symptoms:

- Sudden fever (38°C or greater)
- Flu-like symptoms such as cough, sore throat, runny nose, limb/joint pain, headache

They will advise whether your child should receive antiviral treatment. Children in medical risk groups who have not had a flu vaccine this Winter may also be assessed by their GP in case they would benefit from a course of preventative antiviral medication.

Further information can be found by visiting [nhs.uk/conditions/flu](https://www.nhs.uk/conditions/flu) or contacting NHS helpline on 111.

Yours sincerely

Krista Dawkins
Headteacher

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