



PERTH AND KINROSS COUNCIL EDUCATION AND CHILDREN'S SERVICES

IMPORTANT INFORMATION – PLEASE KEEP SAFE

To All Parents

Keeping You Informed Influenza A (H1N1) (Swine Flu)

You will be aware that the number of confirmed cases of H1N1 continue to rise across Scotland.

Perth and Kinross Council's Education and Children's Services and the NHS Tayside Health Protection Team are working in partnership to promote good hygiene in our schools and consider our plans should cases of H1N1 arise in our area.

- if your child displays flu-like symptoms keep him/her at home and contact your GP or NHS24 for advice

Symptoms can include: fever, cough, sore throat, a runny nose, limb/joint pain and headache.

- if your child becomes unwell at school and displays flu-like symptoms, the school will ensure your child is cared for, and will ask you to collect them from school. The school will also contact the NHS Tayside Health Protection Team for advice
- if a child attending your child's school is identified as a case of influenza A (H1N1) your child will bring a letter home explaining what happens next
- if the school is to be fully or partly closed, this will be clearly outlined in the letter. The proposed number of days of closure will also be intimated in the letter. Information will be available on the Perth and Kinross Council website www.pkc.gov.uk and from the Council's Customer Services Centre 01738 475000
- if your child is diagnosed with influenza A (H1N1) during the first week/ten days of the school holidays, please inform the Council's Customer Services Centre 01738 475000

What Can I Do To Protect Myself and Others Against Flu?

The best thing you can do to protect yourself is to follow good hygiene practices. These will help to slow the spread of the virus and will be the single most effective thing you can do to protect yourself and others from infection.

When you cough or sneeze it is especially important to follow the rules of good hygiene to prevent the spread of germs:

- **always carry tissues**
- **use clean tissues to cover your mouth and nose when you cough and sneeze**
- **bin the tissues after one use**
- **wash your hands often with soap and water or a sanitiser gel.**

Further information about Influenza A (H1N1) can be found at www.NHS24.com

This information is also posted on the Perth and Kinross Council website www.pkc.gov.uk/influenza