

29 June 2009

Dear Parents & Guardians

This is to let you know that the school has received a report of a confirmed case of Swine Flu. The affected student is not at school, and is receiving the appropriate treatment. She has been kept at home for the past week.

The London Flu Response Centre has been contacted for further guidance, and I have been advised that the school should remain open.

If your child becomes unwell with fever ($\geq 38^{\circ}\text{C}$) and flu like symptoms please contact your GP or GP out of hours service for advice. If your child has flu like symptoms please keep your child at home until they recover. Your child should not attend school and not mix with others outside the home while symptomatic.

All students are expected in school as normal unless they are themselves unwell, in which case please notify the attendance officers in the usual way.

The most telling symptoms of Flu are:-

- Fever
- Cough and / or shortness of breath
- Sudden onset of symptoms

But there can be other symptoms, such as:

- Aching muscles
- Sore throat
- Runny nose, sneezing
- Loss of appetite
- Headache
- Malaise (lethargy, listlessness)
- Chills

We will continue to update the school website with any further information so please check www.gch.org.uk. For further advice you can also contact NHS Direct on 0845 4647 or at their website www.nhs.uk or the Health Protection Agency at <http://www.hpa.org.uk>

Yours sincerely

Rachel Allard
Headteacher