

## Swine Flu Information

As you are all aware there has been several outbreaks of swine flu within the UK therefore staff at the Nursery have been following government guidelines and checking updates regularly as children's safety is paramount within the Nursery.

On Monday the Health Promoting Agency (HPA) estimated that there were 55,000 new cases of swine flu last week, and that under 5's and 5-14 year olds were the most affected groups, therefore in light of this we felt it would be beneficial to send you out some key information regarding this virus.

Swine flu is a Respiratory Disease which is passed from person to person as tiny droplets from the nose or mouth are either passed directly, i.e. sneezing or from touching hard surfaces in which the droplets can lie on for lengthy periods of time, such as door handles, computer keys, telephones and so on.

The way to protect yourself and your family as best as possible from swine flu is to follow good hygiene practices:

- Always carry a tissue.
- Use clean tissues to cover mouth and nose when you cough or sneeze.
- Bin the tissue after one use.
- Wash your hands with soap and hot water or a sanitiser gel often.

The simple way to remember this:

CATCH IT, BIN IT, KILL IT!

If you suspect you may be infected please-

- Stay at home.
- Check your symptoms on [www.nhs.uk](http://www.nhs.uk) if possible.
- Call the swine flu information line on 0800 1 513 513 for the latest information.

If you have followed all steps and are still concerned contact your GP or NHS 24 on 08454 24 24 24.

Please do not go directly to your GP surgery or A&E unless you have been advised to do so, or are seriously ill, as this may spread the disease.

The main symptoms to be vigilant for are:

- Sudden onset of fever.
- Coughing or shortness of breath.

Other symptoms include:

- Headache
- Sore Throat
- Tiredness
- Aching Muscles
- Chills
- Sneezing
- Runny Nose
- Lose of Appetite

## Advice for Parents

How do I tell if my child has swine flu?

It is important to ensure you have a thermometer at home, if your child's temperature is 38C or above and they are displaying any 2 of the following symptoms, you should contact your GP immediately.

Symptoms include:

- Tiredness
- Headache
- Runny Nose and Sneezing
- Sore Throat
- Shortness of Breath
- Loss of Appetite
- Vomiting or Diarrhoea
- Aching muscles, limb and joint pains.

If your GP confirms that your child does have swine flu you must ensure they stay at home (to prevent spreading) and treat their symptoms as you would any other cold or flu, such as ensuring they are given plenty of fluids, receive lots of rest and take paracetamol to control their temperature.

Your GP will advise you if your child should be given antiviral drugs.

Please note that all information we have provided you with has been taken directly from [www.directgov.uk](http://www.directgov.uk). If you require any further information you can visit this webpage where you can find out more information regarding this topic.

They also have a swine flu information leaflet which can be downloaded directly from their page, as well as a short T.V. Advert with the all important message -

**CATCH IT, BIN IT, KILL IT!**