



# مدرستنا الثانوية الانجليزية - الفجيرة OUR OWN ENGLISH HIGH SCHOOL-FUJAIRAH

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## Circular to Parents: Regarding Flu Season Preparedness - CBSE & IGCSE All Grades

“If you are addressing the influenza, you actually are addressing the whole of the health system.”

- DR JANNETH MARIDADI

### **Flu Season Preparedness**

With the beginning of flu season, it's very important that we emphasize to our students, visitors, and parents the universally prevention methods that can help prevent the spread of the virus.

Influenza (Flu) is a contagious disease caused by influenza viruses, which spreads mainly from person to person when an infected person coughs or sneezes near others. People also may become infected by touching inanimate objects with flu viruses on it, such as doorknobs, elevator buttons, desktops, and then touching their mouth or nose. In general, the flu is worse than the common cold, and complications can occur which includes, bacterial pneumonia, dehydration, and worsening of preexisting chronic medical conditions, such as those with asthma, diabetes, and heart conditions.

The following points are important to follow:

- Vaccination is the best way to protect your children and family against the flu. Not only does the vaccination help protect you from getting the flu; it also helps stop the spread of the virus to others. The flu vaccine is safe and effective and cannot cause the flu. The flu vaccine takes about two weeks for the body to build up immunity to the flu after vaccination.
- Another way to prevent acquiring the flu is by performing proper hand washing. Wash your hands often with proper hand washing techniques and /or use of hand sanitizers.
- Cover your mouth and nose with a tissue when you sneeze or cough. Throw the tissue in the trash after it has been used.
- Avoid touching your eyes, nose or mouth. Germs spread this way
- Parents of sick children must keep their children at home out of school for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.
- Take your child to the doctor if his/her symptoms persist or if they are getting worse.
- Give your sick child a nutritious meal with plenty of fluids (water, soup). Let them drink plenty of water and have at least 8 hours of sleep.

Thank you for your co-operation,

Sincerely,

Dr Isra Baha Eldin Mustafa  
School doctor