

## Information on seasonal flu for pupils and parents

Influenza (flu) is now circulating at increased levels across England including Wokingham,. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours; it is very infectious and easily spread to other people. Those affected are most likely to give it to others in the first 5 days.

**Catch it. Bin it. Kill it** - pupils, school staff and parents can take the following actions to reduce the risk of spreading flu;

- Use a tissue
- Bin used tissues as soon as possible
- Wash your hands often and thoroughly with warm water and soap
- Rest at home and stay away from school or work while you have symptoms

Most people can treat the flu without seeing their GP and should begin to feel better in about a week.

Flu symptoms come on very quickly and can include:

- a sudden fever – a temperature of 38C or above
- aching body
- feeling tired or exhausted
- dry, chesty cough
- sore throat
- headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- nausea and being sick

Children will experience similar symptoms, but they can also get pain in their ear and appear less active

If your child does develop flu here are some things you can do at home to help:

- Give your child lots to drink
- Try infant paracetamol (NOT aspirin)
- Keep them away from smoke and anyone who smokes
- Talk to your Pharmacist about suitable over-the-counter medications that can ease symptoms. Remember that coughing is the body's way of keeping the lungs clear.

**Call 999 or go to A&E if you or your child:**

- develops sudden chest pain
- have difficulty breathing
- starts coughing up blood

For more information about what to do if your child has a fever please visit

<https://www.nhs.uk/conditions/pregnancy-and-baby/treating-high-temperature-children/>

For more information on flu symptoms and how to prevent spread please visit [www.nhs.uk/staywell](http://www.nhs.uk/staywell)

Pupils at increased risk of becoming unwell if they contract flu due to underlying medical conditions are eligible for a free flu vaccine; it is not too late to request a flu vaccine from your GP.

Younger children in reception and primary school years 1 to 4 will have been offered a vaccine in school. If your child did not take up this offer, Catch up clinics are available in Wokingham:

Wokingham Community Hospital

- .Friday 26th January 2018 Last flu mop up
- .Friday 23rd February 2018
- .Friday 23rd March 2018
- .Friday 27th April 2018
- .Friday 25th May 2018
- .Friday 22nd June 2018

Parents can book an appointment the Berkshire West office on 0118 920 7525, email [bks-tr.SchoolimmunisationTeam@nhs.net](mailto:bks-tr.SchoolimmunisationTeam@nhs.net).

Pre-school children aged 2 and 3 are eligible for a vaccine from their GP

For more information please visit <https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/>