



St. Saviour's Church, Coalpit Heath.

The Manor C of E Primary School

Roundways

Coalpit Heath

Bristol BS36 2LF

Telephone: 01454 866555

Fax: 01454 866556

www.themanorcofeprimary.org.uk

ManorPrimary.School@southglos.gov.uk

"Together we rise to the challenge"

Headteacher: Mrs Hilary Eade

14th July 2009

Dear Parents,

Information from South Gloucestershire Council on Swine Flu

If you think you or your child may have swine flu there is no need for alarm or anxiety – swine flu is a moderate illness. In the vast majority of cases those affected make a full recovery in about eight days.

If you think you have swine flu, you should first go online and check your symptoms on www.nhs.uk, call NHS Direct (0845 46 47) or call the swine flu information line on 0800 1 513 513. If you are still concerned, you should then call your GP, who can provide a diagnosis over the phone. **You should not go to A&E if you suspect you have swine flu.**

If you think you have swine flu, then **do not come into work or school** until you have spoken to either somebody at NHS Direct, the swine flu information line or your GP.

If swine flu is confirmed, you will be given an authorisation voucher to collect anti-virals. You should get a flu friend – someone who is able to collect medication on your behalf – to take the voucher and collect your antiviral drugs. At present this is likely to be from a designated pharmacy in South Gloucestershire. Should cases increase to a level where pharmacies cannot cope, alternative arrangements will be put into place.

If others in your immediate family (or close contacts) have swine flu

If members of your immediate family, or close personal contacts, are diagnosed with swine flu, there is no need to isolate yourself and not come into work or school – carry on as normal, but pay particular attention to regular washing of your hands and using tissues to contain sneezing or coughing. Only if you display the symptoms of flu should you stay away from school and contact your GP or swine flu information line. Of course, if you have received medical advice to stay away from work or school you should do so.



Keeping safe

Hygiene

The best safety measures are still the good hygiene measures from the public health specialist advice: follow the 'Catch it – bin it – kill it' code.

Catch it: if you sneeze or cough use a disposable tissue

Bin it: throw the tissue in a bin

Kill it: wash your hands with soap and hot water

There also appears to be a sickness and diarrhoea bug going around, so please remember the 48 hour rule which means if your child suffers an upset stomach they cannot come back into school until 48 hours from the last bout of sickness or diarrhoea.

If your children come down with any illness, it is best to keep them away from school until they are better, to stop the spread of germs. Please just remember to telephone the office on the first day of sickness so we know where they are.

School Closure

If the school has to close because key members of staff are affected by illness, then the children should try to keep up their studies as best as possible. If you have internet access at home, there are a number of links to websites with educational activities from the school website, www.themanorcofeprimary.org.uk. The children could also keep a diary in which to record their thoughts, feelings and observations. If we find ourselves in this position, then we will try to give more specific guidance for particular year groups. However, a forced closure could happen at short notice, making communication difficult. The reports are due out on Friday and will include targets for your child, which may also give you ideas about to concentrate on. It would be a good idea anyway to get into the habit of regularly visiting the library to choose books for the children to read.

Yours sincerely,

Hilary Eade

Head Teacher