

## **GUIDELINES FOR FLU PANDEMIC/SWINE FLU H1N1**

Beech Hall School endeavours to implement the highest standards in terms of Health and Safety for all pupils and staff.

The School will continue to monitor the situation regarding H1N1/Swine Flu and will follow the advice and guidance produced by the Department for Education, the Health Protection Agency and the Independent Schools Council. Unless otherwise advised the school will remain open and all school activities will continue as normal. The following guidelines have been reviewed in conjunction with our medical advisor on the board of Governors.

Please work closely with the school, read the following information below and contact the school straight away if your child becomes ill with the virus.

1. Please provide us with any changes in contact details at the earliest opportunity.
2. Staff and pupils presenting with an unusually high temperature or other flu like symptoms will be sent home and asked to remain there until fully recovered (usually no more than 7 days).
3. Pupils who become ill during the school day will be assessed in the usual manner and parents will be contacted and asked to collect their child. The child will remain in the office until collected.
4. Pupils who feel ill and are due to go off on school trips are advised not to travel, but to remain at home.
5. Pupils who become ill at home should seek the appropriate medical attention and remain at home until completely recovered.
6. If your child has been prescribed anti-viral medication they should remain at home until the course is complete.
7. If your child has had swine flu symptoms during the holiday or has had a case of swine flu confirmed, please inform the School.
8. Do not be tempted to send a child to school if you suspect they are unwell.

Patients with swine flu typically have a fever or a high temperature (over 38°C / 100.4°F) and two or more of the following symptoms:

- unusual tiredness
- headache
- runny nose
- sore throat
- shortness of breath or cough
- loss of appetite
- aching muscles
- diarrhoea or vomiting

As with any sort of influenza, how bad and how long the symptoms last will depend on treatment and the patient's individual circumstances.

Slowing the spread of the virus requires good hygiene standards to be maintained. The guidance states that we should:

1. **Wash** our hands frequently with soap and water to reduce the spread of the virus from your hands to face or to other people.
2. **Clean** hard surfaces frequently with a reliable cleaning product. Our cleaning staff will be paying particular attention to high traffic areas, hard surfaces and door handles.
3. **Cover** your nose and mouth when coughing and sneezing, using a tissue where at all possible and wash your hands afterwards.
4. **Dispose** of your dirty tissue promptly and carefully.

The School will be reminding pupils about the importance of good hygiene and as mentioned we will be following this advice in our cleaning practices in school.

Every effort will be made to keep the School operating normally but if a decision is made by the Headmistress in conjunction with the Governors to close the School, this will be communicated to pupils and staff first and then to parents. In the event that the School has to close daily updates will be available on the School's website and arrangements in respect of academic work for pupils will be put into operation.

Other useful information is available through your GP or at:  
[www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu) or on 0800 1 513 513

**Useful websites:**

[www.hpa.org.uk](http://www.hpa.org.uk)

[www.direct.gov.uk](http://www.direct.gov.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

[www.isc.co.uk](http://www.isc.co.uk)