

Be aware of the symptoms of flu

Flu usually presents with sudden onset of fever (temperature over 38° C) and cough or sore throat. Other symptoms can include runny or stuffy nose, limb or joint pain, headache, vomiting or diarrhoea.

Prevent spread of flu by doing the following at all times:

1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Hand drying facilities at school must not be shared between people with the exception of electric hand dryers and roller towels. Students may be asked to bring in and use their own individual towels.
2. Cover your mouth and nose with a tissue when you cough or sneeze. Dispose of tissues immediately as household rubbish in the normal way. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
3. Do not share wind instruments. Avoid sharing pencils, crayons, pens, toys/objects where possible and if sharing them clean them before passing them between students.
4. Students who have symptoms of flu should not attend school.
5. Persons with suspected flu should remain at home for 7 days from when symptoms began.
6. The HSE recommends that you get the Pandemic H1N1 2009 flu vaccine when it is offered. It is also recommended that persons who may be at higher risk for complications from flu also get the seasonal flu vaccine.

Persons who may be at higher risk for complications of flu include persons with chronic respiratory, heart, kidney, liver or neurological disease, immunosuppression (whether caused by disease or treatment), diabetes, haemoglobinopathies, people aged 65 years and older, children under the age of 5 years (especially those less than 2 years), people on medication for asthma, those who are severely obese and pregnant women.