



## Bangkok Patana School

*The British International School in Thailand*

*Established 1957*

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4<sup>th</sup> December 2024

Dear Primary Parents,

### **Influenza**

I am writing to inform you that due to several cases of Influenza and based on advice from the Public Health Centre, we are required to close class 1W for the remainder of this week. Students in 1W will return to school on Monday 9<sup>th</sup> December.

### **Advice for other Parents:**

**Children in all other classes and Year Groups can come to school as normal, if they are well.**

Flu symptoms include:

- Sudden high fever (102-104°F or 38-41°C), lasting 3-4 days
- Common headache
- Severe body aches and pains
- Usual fatigue and weakness, which can last up to 2-3 weeks
- Extreme exhaustion
- Sometimes a stuffy nose, sneezing, or sore throat
- Common chest discomfort and a cough that can become severe

Important to know:

- The virus spreads through airborne droplets when an infected person coughs or sneezes.
- It can survive on hands and objects touched by an infected person.
- Regular and thorough handwashing at home helps prevent infection.
- Keep children with a cough or sneeze at home and limit their contact with others.
- Colds and flu are most contagious during the first 48 hours.
- Children with a fever should stay home until they've been fever-free for at least 24 hours.
- Children recovering from influenza should stay home until fully recovered, even if they're no longer contagious.

Thank you for your attention and support at this time. If you have any medical queries, please contact Khun Joe on [kiau@patana.ac.th](mailto:kiau@patana.ac.th)

Yours sincerely

Sarah McCormack  
Principal, Primary School