



23<sup>rd</sup> September 2025

Dear Parents

We currently have three confirmed cases of Influenza in 3H and this is a situation that we are monitoring carefully.

Influenza is much more serious than a cold and can result in serious complications such as pneumonia. Even very fit and healthy children can easily catch the flu. When unsure, always seek medical advice, especially if your child has another chronic condition such as asthma.

Symptoms to watch out for:

| Symptoms                     | Cold                                                                  | Flu                                                                                                  |
|------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| A fever that starts suddenly | Rare                                                                  | Characteristic, high temperature (102-104°F or 38-41°C); lasts 3 to 4 days                           |
| Headache                     | Rare                                                                  | Common                                                                                               |
| Body aches and pains         | Slight                                                                | Usual; often severe                                                                                  |
| Fatigue/weakness             | Sometimes                                                             | Usual<br>Can last up to 2/3 weeks                                                                    |
| Extreme exhaustion           | Rare                                                                  | Usual; often severe                                                                                  |
| Stuffy nose                  | Common                                                                | Sometimes                                                                                            |
| Sneezing                     | Common                                                                | Sometimes                                                                                            |
| Sore throat                  | Common                                                                | Sometimes                                                                                            |
| Chest Discomfort, Cough      | Mild to moderate;<br>Hacking cough                                    | Common; can become severe                                                                            |
| Prevention                   | Healthy diet<br>Good hygiene<br>Rest and sleeping<br>Regular exercise | Regular temperature checks<br>Healthy diet and good hygiene<br>Rest, sleeping.<br>Annual vaccination |
| Treatment                    | Temporary relief of symptoms                                          | Antiviral drugs under doctor advice                                                                  |

Key things to consider:

- Clusters of children from the same class or friendship group may quickly display similar symptoms.
- The virus is commonly spread through droplets in the air when an infected person coughs or sneezes.
- The virus can survive on hands and on objects that have been in contact with an infected person's mouth or nose. Please make sure that everyone in your family washes and dries their hands regularly and thoroughly. These preventative measures will help to stop infection spreading within your family.

Maintaining good health and a healthy school:

- If your child is coughing or sneezing, please keep them at home and limit their contact with others.
- Colds and influenza are most contagious during the first 48 hours.
- A child who has a fever should remain at home until they are "fever free" for a minimum of 24 hours.
- Children who have been infected with Influenza should be kept at home until completely recovered.
- Once the main symptoms have gone, children may still need several days until they return to full strength. Please do not send your child back to school too soon, even if they are no longer contagious.
- If Influenza is confirmed, please scan and send the medical certificate to your child's class teacher and Cc Nurse Joe (Kiera) [kiau@patana.ac.th](mailto:kiau@patana.ac.th).

Kind regards,

Sarah McCormack  
Primary School Principal

To all parents of children in Year 3