



1st October 2025

Dear Parents,

We currently have one confirmed case of Influenza in 5J 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 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; Hacking cough	Common; can become severe
Prevention	Healthy diet Good hygiene Rest and sleeping Regular exercise	Regular temperature checks Healthy diet and good hygiene Rest, sleeping. 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.

Kind regards,

Sarah McCormack
Primary School Principal

To all parents of children in Year 5