

INFLUENZA

A case of influenza has been reported within our school community and appropriate medical treatment has commenced. Please refer to the information below from the Department of Health for information on influenza including symptoms, diagnosis, infectious periods and treatment. If your child presents with the described symptoms of influenza please seek medical advice before your child returns to school/preschool.

Influenza - commonly known as the flu - is a highly contagious infection of the nose, throat and lungs caused by the influenza virus. The flu is more serious than the common cold.

Symptoms include:

- rapid onset of fever
- headache
- muscle aches
- fatigue
- sneezing
- running nose
- sore throat
- cough



Most people recover within a week, although the cough and fatigue may last longer. The flu can be a serious illness, potentially fatal, particularly in people aged over 65 years of age or with a chronic illness.

Treatment of flu

The recommended treatment is rest, drinking plenty of fluids and use of paracetamol for the relief of pain and fever.

You should see your local doctor if you are concerned about the symptoms or if the symptoms are getting worse. Antiviral medication may be prescribed by your doctor if you are at risk of complications from the flu. Antiviral medication needs to be started within 48 hours of the onset of flu symptoms.

Antibiotics are not effective for treating the flu.

How to prevent the spread of flu

Simple ways to control the spread of flu are to wash your hands frequently, wipe over frequently touched surfaces with a cleaning cloth covered in detergent and cover your mouth when coughing or sneezing.

Wash, wipe, cover
Don't infect another