



ST ANTHONY'S SCHOOL

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Dear Parents

The school has been notified today that a student at St Anthony's has Influenza (A).

What is Influenza (Flu)?

Influenza or 'the flu' is a highly contagious disease caused by infection from influenza type A or B (or rarely C) virus. These viruses infect the upper airways and lungs.

Flu is not the same as a common cold, and can be a serious illness. For some people, such as the elderly and those with underlying medical conditions, the flu can cause serious complications which require hospitalisation. It can sometimes lead to death

What are the symptoms?

Symptoms include fever, malaise, chills, headache, muscle pain, sore throat and cough.

How is it spread?

Influenza (Flu) is usually spread through infected people coughing and sneezing, which temporarily contaminates the surrounding air and surfaces with infected droplets. You can reduce the risk of infection by getting vaccinated and practising good hand and respiratory hygiene.

If you have Influenza (Flu):

People with Influenza are usually infectious 1 day before onset of symptoms until 7 days after.

The school advises that if your child/ren has symptoms of the above to exclude your child/ren from school and seek immediate medical consultation from your General Practitioner.

If you have any further questions or would like a detailed factsheet on Influenza you can log onto the Department of Health website on www.public.health.wa.gov.au

Kind regards

Greg Green
Principal