Dear Parents/Caregivers

There has been a case of influenza B reported in your child’s class this week.

Influenza, commonly known as the flu, is a highly contagious infection of the nose, throat and lungs caused by the influenza A or B (or rarely C) viruses. Influenza 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. Influenza can be a serious illness, potentially fatal, particularly in people aged over 65 years of age or with a chronic illness. Medical authorities state that the best way to prevent catching influenza is to be immunised.

It is advised that children presenting the above symptoms be taken to a doctor for correct diagnosis and then kept home for the duration recommended by the doctor.

Please contact the College if you have any queries or concerns.

Yours sincerely

Don Grimmett
Principal