



DATE

Dear Parent/Guardian,

Welcome back to Unity Concord International School. The School Nursing Department hopes that you all had a lovely break over the Christmas period. Unfortunately, we must all be aware of the current infectious diseases that our children could be exposed to at this time of year.

▪ **Influenza**

- Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.



Children with the flu should be excluded from school if they have a fever greater than 100 degrees Fahrenheit/ 38 degrees Celsius without giving paracetamol/ibuprofen.

▪ **Hand Foot and Mouth**

- Hand, foot, and mouth disease (HFMD) is a common viral infection that causes painful red blisters in the mouth and throat, and on the hands, feet, and diaper area.
- HFMD is contagious and easily spreads to others through contact with unwashed hands, feces (poop), saliva (spit), mucus from the nose, or fluid from the blisters. Kids under age 5 are most at risk for HFMD, as infections are common in childcare centers, preschools, and other places where kids are in close quarters.
- Besides the blisters, kids often have a fever for a few days and can get dehydrated because it hurts to swallow liquids. Symptoms usually clear up within a week and kids recover completely.
- There's no cure for HFMD and no vaccine to prevent it, but your doctor can recommend home care to make your child more comfortable during recovery.



Children with HFMD should be excluded from school until all blisters have dried up.

○ **Viral Diarrhea (Rotavirus)**



- Rotavirus is a contagious virus that can cause gastroenteritis (inflammation of the stomach and intestines). Symptoms include severe watery diarrhea, often with vomiting, fever, and abdominal pain. Infants and young children are most likely to get rotavirus disease.
 - Rotavirus spreads easily among infants and young children. Children can spread the virus both before and after they become sick with diarrhea. They can also pass rotavirus to family members and other people with whom they have close contact.
- People who are infected with rotavirus shed rotavirus in their feces (poop) - this is often how the virus spreads from a person's body to other people and into the environment.

They shed the virus most when they are sick and during the first 3 days after they recover.

- Rotavirus can be spread by contaminated
 - Hands
 - Objects (toys, surfaces)
 - Food
 - Water
 - Children are most likely to get rotavirus in the winter and spring (December through June).

Children must not return to school until diarrhea has stopped for 48 hours.

All these diseases can be reduced by good hand hygiene!!



Sincerely,

Unity Concord International Nursing Department