Dear Parents and Caregivers,

Recently a secondary aged student was diagnosed with Influenza B. The child is now recovering well.

Influenza, commonly known as the flu, is an infection of the nose, throat and lungs caused by the Influenza A or B (or rarely C) viruses. It is highly infectious. Influenza is a notifiable disease and therefore we are alerting our families, even though we are currently in what is known as ‘Flu Season’ in Australia (between May and September).

How influenza is spread:

Influenza virus is spread when someone with influenza coughs or sneezes, producing airborne droplets that come into contact with the mucous membrane (the thin moist lining of many parts of the body such as the nose, mouth, throat and genitals) lining the nose, throat and mouth of another person. Droplets can be spread through the air. Infection may also be spread by contact with hands, tissues and other articles soiled by infected nose and throat discharges.

Symptoms include:

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

Most people recover within a week, although the cough and fatigue may last longer. Influenza is much more serious than the common cold. It can lead to pneumonia (lung infection or inflammation) and other complications, and even death, particularly in:

- people aged 65 years and over
- pregnant women
- young children
- people with chronic conditions like heart disease, diabetes and lung disease.

Look after yourself and one another!

Clayton Disley
Principal