



Information for parents and local school community Influenza outbreaks in schools in the greater Wellington region

Several schools and early child education centres in the Wellington region currently have an influenza outbreak.

The main symptoms of influenza are fever, cough and sometimes vomiting or diarrhoea in younger children. These symptoms usually last 3-4 days but can be up to 7 days.

The following information will help reduce the spread of influenza and assist your school:

1. Advise a member of staff if your child has an illness as described above.
2. Check that your school has your correct and up-to-date contact details in case they need to contact you.
3. Keep sick children at home until feeling well and free from symptoms (usually 3-4 days but up to 7 days). Sick staff and students should not be at social or sporting events, school productions or camps. This is so they can rest and recover and don't spread illness to others.
4. It is important to use tissues to cover coughs and sneezes and to be very good about washing and drying hands thoroughly. An [influenza brochure](http://www.rph.org.nz/influenza) accessible at www.rph.org.nz/influenza has some good tips for looking after people with influenza and stopping it spreading to other people at home.
5. If anyone in your family has influenza we ask that they don't visit hospitals or community care homes or see people who may be at high risk of serious illness, such as pregnant women, young babies, or anyone who has cancer, lung, and heart or kidney conditions.



If you are worried about your child's symptoms or they have long-term health problems (e.g. asthma, diabetes, kidney, heart or immunity problems), then you should phone their usual doctor or Healthline 0800 611 116 for further advice. Otherwise they should recover at home and see their GP only if the illness gets worse or is not improving.

Nga mihi nui
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