



## Important information for Parents

**The Sultan's School - Oman's Leading Bilingual School**



Tuesday 6<sup>th</sup> October 2009

Tuesday, 06 October 2009

Dear Parents

We regret to inform you that there have been two confirmed cases of H1N1 among our student body this week. We are in daily contact with the Ministry of Health, and their advice at this time is that we continue to be vigilant and follow good practice as outlined below. Any change to this advice will be reported to students and their parents as it is received.

- Please observe your children closely for any of the following signs or symptoms:
  - If your child is unwell keep them at home to reduce the risk of spreading Infections. Do not allow them to return to school until they have been free of symptoms for 2 days.
  - Make sure your child washes their hands frequently with soap and water and then dries their hands thoroughly with their own hand towel. A medicated hand sanitizer after washing, or when washing is not available, is also recommended.
  - Make sure you and your child washes their hands prior to touching their eyes, nose and mouth.
  - Encourage your child to cover their mouth and nose with disposable tissues when coughing and sneezing.
  - Encourage your child to dispose of used tissues immediately.
  - Encourage your child not to share items such as drink bottles, cups, toys or anything which could be contaminated with respiratory secretions.
  - Try and maintain at least one metre distance from people who have flu-like symptoms such as coughing or sneezing.
  - Make sure your child drinks plenty of fluids and keeps healthy with fruit and vegetables.
  - Consult your doctor if your child has a cough and fever and follow their instructions, including giving medicine as prescribed. Medical intervention at the early stages usually result in the patient having mild symptoms and able to recover at home.
  - If your child has flu-like symptoms and you go to a medical clinic telephone beforehand so that they can arrange for them to be seen away from other people

Please seek medical advice if you are at all worried about your child's health. It is particularly important that you seek medical advice if your child has any underlying medical condition such as sickle cell anaemia or diabetes. Please inform the school of any developments in your child's health.

Sincere regards,

**Mr. Anthony Cashin**

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