

JTGJMH  
September 2009



Dear Parent/Guardian

### **SWINE FLU**

I am writing to remind you of the general precautions which should be taken to prevent the spread of Swine Flu. Numbers of people diagnosed have reduced in recent weeks but it is important that students continue to follow the advice below:

The risk of infection can be reduced significantly by ensuring good standards of personal hygiene, by:

- washing hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people;
- covering your nose and mouth when coughing or sneezing, using a tissue when possible;
- disposing of dirty tissues promptly and carefully;
- cleaning hard surfaces (such as door handles) frequently using a normal cleaning product.

Anyone who may have flu is advised to stay at home and call the National Pandemic flu service on 0800 1 513 100 or 0800 1 516 200 (textphone) or go to [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu).

Local advice is available on the Herefordshire Council web-site [www.herefordshire.gov.uk](http://www.herefordshire.gov.uk).

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Jonathan Jeffrey'. The signature is fluid and cursive.

**PRINCIPAL**