

KERIKERI HIGH SCHOOL IMPORTANT HEALTH INFORMATION

In light of the Swine Influenza outbreak being widely reported in the media it is timely to reassure our school community that Kerikeri High School has planned for an event such as an Influenza Pandemic. In fact we have had a Pandemic Response Plan prepared for a number of years now following the perceived threat of Bird Flu some years ago.

We are monitoring the current situation closely and will be taking advice from the Ministries of Health and Education should we need to.

It is timely to remind ourselves of the best things we can all do to prevent the spread of any type of influenza virus.

This information comes from the Auckland Regional Public Health Service:

- * Stay at home and away from others if you are sick
- * Cover your coughs and sneezes with a tissue
- * Put used tissues into a rubbish bin
- * Avoid touching your eyes, nose or mouth – germs spread that way
- * Be careful to wash hands with soap and dry them thoroughly – hand hygiene is critical: even when you start to feel better there is a risk of infecting others, so keep to the 20/20 rule – 20 seconds washing and 20 seconds drying
- * Keep surfaces clean at home, work and school

Anyone experiencing warning signs of severe influenza illness such as rapid breathing, difficulty breathing, chest pain, severe vomiting or if a child is not responding or is difficult to wake up, should get urgent medical attention.

The contact for the Public Health Nurse is 0800 537 4342.