



St Joseph's School

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Dear Parents,

We are now coming into the influenza season. It is a timely reminder that children prevent becoming sick during the colder months by adhering to the following;



Hand hygiene.

Please click [HERE](#) to view the correct way to clean your hands.



Influenza is a common, acute, respiratory, viral infection that is transmitted by droplet or airborne. It is highly contagious. The incubation period is usually 1 to 4 days. The infectious period is usually 1 day before the onset of symptoms until 7 days after. Symptoms include fever, malaise, chills, headaches, muscle pain, sore throat and cough. If you child is experiencing any of these symptoms, please consult your doctor and exclude them from attending school until the symptoms have gone. Be vigilant and practice MJR by thinking of others.