

Dear Parent / Guardian

With the number of confirmed cases of swine flu in the UK continuing to grow and cases confirmed at Exeter University, we are monitoring the situation closely and are liaising with Devon County Council and other local agencies to ensure that we are as prepared as possible for any eventuality.

Most people in this country have been affected only mildly by the flu and I am pleased to say this is true of the students in Exeter too. We expect them to make a full recovery following treatment.

Our advice to Parents and Students who experience fever accompanied by two or more of the following symptoms – cough, sore throat, runny nose, headache or limb/joint pain – is as follows:

- *Phone your GP* or call NHS Direct 0845 4647. **Do not visit a GP practice or other NHS venue.** A clinical member of staff will assess you by phone, and further investigations and/or treatment will be arranged if necessary.

The Swine Flu information line is available on **0800 1 513 513**.

Parents are advised to check that the contact details we hold for you are correct. This is to ensure that we are able to keep you informed of the very latest situation.

General hygiene advice

Experts say practising good hygiene remains the most effective way for individuals to protect themselves and others from swine flu. You should always:

- Ensure everyone washes their hands regularly with soap and water.
- Clean surfaces regularly to get rid of germs.
- Use tissues to cover your mouth and nose when you cough or sneeze.
- Place used tissues in a bin as soon as possible.