



The peak of the cold and flu season is here, and we must all be vigilant!

There has been a rise in influenza cases in the Sultanate. Hence, we recommend that your child stays home from school if they are experiencing flu-like symptoms. Influenza is a contagious respiratory illness caused by the influenza virus, which usually affects the nose, throat and lungs ([CDC Flu Guide](#)).

Can I send my child to school?

- If your child has a very stuffy or runny nose, cough or a mild sore throat (the way flu begins), consider observing your child for an hour or two before sending them to school.
- Keep your child at home if they have any of these symptoms
 - Fever (above 37.5°C or 100°F). Your child may return to school only after the temperature is below 37.5°C for at least 24 hours without medications.
 - Vomiting (even once)
 - Diarrhoea
 - General malaise or feeling fatigued, discomfort, weakness or muscle aches
 - Frequent congested (wet) or croupy cough

Influenza viruses spread through droplets from the nose and mouth when the infected person coughs, sneezes or talks; these droplets then settle on surfaces. Touching surfaces with the virus on them and then touching the eyes, nose, or mouth then leads to sickness. Here are a few guidelines that we can follow and also teach our children to prevent the spread of the influenza virus:

- Wash hands frequently
- Do not touch eyes, nose or mouth.
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands.
- Avoid close contact with people who are sick.

The MoH recommends that nationals/residents with chronic diseases take the flu jab this year, which is available in private and government health centres. All others may access the flu vaccination at private health institutions.

Thank you for helping make this year at school as healthy as possible!