

John Wheatley College

Swine Flu – Advice to Students

You will be aware that a number of cases of Swine Flu have recently been identified in Scotland.

It now seems likely that there will most probably be further cases in future.

The College has a Duty of Care to both its students and its staff.

In order to minimise the risks of infection, the College would wish you to comply with the undernoted advice.

If you suffer from any of the symptoms of Swine Flu you should go home and stay there. The symptoms of the current strain are:

- headache;
- fever and high temperature;
- sore throat;
- coughing and sneezing;
- lethargy and tiredness;
- aching limbs and body; and
- diarrhoea.

You should seek medical help if you are suffering from these by phoning NHS 24 on 08454 24 24 24.

Staff will also advise students who are exhibiting or complaining of these symptoms to go home. Please comply with that advice and stay at home until the symptoms end.

Personal hygiene is an important defence against Flu.

There are simple rules to follow to minimise the risks of infection in this particular respect. These include:

- thorough washing of hands, with soap, on a regular basis (especially after use of the toilet and after coughing or sneezing on them);
- the use of disposable paper tissues to blow your nose or when you cough or sneeze. These should be used just once and then put into a bin; and
- avoiding coughing and sneezing in Public Places. Please cover your face when coughing or sneezing (preferably with a disposable tissue which is then thrown away into a bin).

If non-attendance causes problems with Bursary or other student support payments, you should, in the first instance, contact Michael Buchanan by phone.

The College seeks your cooperation with these simple steps which will hopefully minimise any effects of a more widespread outbreak of Flu. Thank you for your help in this very important matter.

Please pay attention to any subsequent advice which the College may provide you with. This may be important for your health and that of others.

IG/AMcK
John Wheatley College
28 April, 2009