

INFORMATION FOR PARENTS - SEASONAL FLU

Dear Parents,

Currently, there is an increased activity of seasonal flu, which spreads easily, especially in spaces where children are in close contact with each other. Our goal is to limit the spread of the illness and to protect the health of students, their families, and the school staff.

Symptoms in children

Flu in children usually appears suddenly and may include:

- Fever, cough, sore throat, runny nose
- Headache, muscle aches, fatigue
- **Gastrointestinal symptoms:** abdominal pain, nausea, vomiting, or diarrhea

Symptoms can last several days, and fatigue may persist even after the fever subsides. Transmission occurs mainly through droplets when someone coughs or sneezes, as well as through contact with contaminated surfaces.

Prevention and protection

- Do not send children to school if they have a fever or show flu symptoms. They should stay at home **for at least 24 hours after the fever has subsided without the use of fever-reducing medication.** This significantly reduces the risk of spreading the illness and protects other students.
- Encourage children to wash their hands frequently with soap and water, especially before meals and after coughing or sneezing.
- Teach them to cover their mouth and nose with a tissue when coughing or sneezing and to dispose of it immediately.
- Regularly ventilate rooms and clean frequently touched surfaces.
- Adequate rest, proper hydration, and a balanced diet strengthen the body's defenses.

When to contact the pediatrician

- If symptoms worsen or last longer than expected
- If breathing difficulties, severe pain, or signs of dehydration appear
- If the child has chronic health conditions or if you need advice regarding medications

We thank you for your cooperation and contribution to maintaining a healthy school environment.

Sincerely,

Panagiota Fotakopoulou

School Nurse