



## Aylesbury's Performance Swim Club

07 July 2009

Dear Parent/Guardian

As you will be aware, there have been cases of the influenza A H1N1v virus (swine flu) in many different countries around the world and now in the UK.

The local Primary Care Trusts are reporting a steady increase in the number of cases of swine flu in the surrounding areas. Many schools/clubs have now been affected and we are continuing to monitor the situation closely.

We are aware that there are children who belong to the club who have some unconfirmed symptoms.

The UK government is planning for 100,000 cases of flu a week and, given their advice on the spread of flu, this is not an unexpected development.

The UK has now moved to a treatment phase (rather than containment) to manage the current pandemic flu outbreak. This means GPs will diagnose cases on the basis of clinical observation rather than laboratory testing. Based on this approach, our plans are to remain open and operational.

If you or your child develop symptoms of flu-like illness the advice of the Health Protection Agency is to stay at home and contact NHS Direct by phone (0845 46 47) or via the website [nhsdirect.nhs.uk](http://nhsdirect.nhs.uk), follow the swine flu symptom checker and then phone your GP. Each case will be assessed and, if necessary, treatment will be provided.

Please do not return to training until your symptoms have ceased.

The club is working closely with the Health Protection Agency, NHS colleagues and the local authority to monitor the situation.

Good basic hygiene can help to reduce transmission of all viruses, including swine flu. This includes:

- Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
- Disposing of dirty tissues promptly and carefully.
- Washing your hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people.
- Cleaning hard surfaces (such as door handles) frequently using a normal cleaning product.
- Making sure your children follow this advice.

For more information on swine flu call the national information line on 0800 1513 513. Alternatively, visit the Health Protection Agency website at [www.hpa.org.uk](http://www.hpa.org.uk) or the NHS website <http://www.nhs.uk>