



PAPAMOA  
COLLEGE

PO Box 11 150  
Papamoa 3151  
Phone: 07 542 0676  
Fax: 07 542 9069

8 August 2017

Dear Parent/Caregiver

I write to inform you that we have had a confirmed case of Influenza A at Papamoa College. The student concerned has been treated in hospital and is at home until the infectious period is over. Ministry of Health guidance is that the infectious period for influenza is 1-2 days before illness onset and up to 7 days afterwards. Unfortunately, most infectious diseases are able to be passed on before it is known someone is unwell.

If you have any concerns about your child's health, it is important that you keep them at home until they are well.

In order to avoid spreading winter illnesses, the Ministry of Health recommend following basic hygiene practices:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Don't share drinks.
- Avoid crowded places.
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin.

There is further helpful advice and information about Influenza on the Ministry of Health website:  
<http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/influenza>

Yours sincerely

Mr Steve Lindsey  
Principal