



IMPORTANT NOTICE

July 2009

SERI MULIA SARJANA INTERNATIONAL SCHOOL

Patriotism, Values & Excellence

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Greetings,

RE: H1N1 Alert

In an effort to contain the spread of the H1N1 virus after the June school holidays, the school will implement the following actions as per advised by the Ministry of Education in collaboration with the Ministry of Health:

1. **Screening (infra red temperature checks)** will be done at the access entrance gates **before** the students and staffs are allowed to enter their respective classes/ offices.

Students showing fever/ flu/ cough symptoms will be directed to the sick bay, required to wear a facial mask and asked to go home to seek medical advice.

2. Students who show fever/ flu symptoms are **NOT** allowed to attend school. We seek parent's cooperation NOT to send their unwell child to school.

Students returning to Brunei from affected countries **after Friday, 3rd of July MUST stay home for seven days**. This 7-day quarantine period is calculated from the date of return to Brunei. This means that students returning from overseas will only be allowed to return to school from Sat, 11th July 2009 and monitor themselves for symptoms.

Affected countries include: Malaysia, Singapore, Australia, Canada, Hong Kong, Indonesia, Japan, Philippines, Thailand, Britain and the United States.

As precautionary measures classrooms will be sprayed with Lysol before classes start in each session. On a scheduled time, teachers will also open classroom doors and windows to ventilate air.

Monday morning and afternoon school assemblies will be suspended and ECAs scaled down until further notice.

All students, parents and teachers are advised **NOT** to travel outside the country for the time being and reduce social activities or gatherings.

All students, parents and teachers are advised to monitor their health and seek immediate medical attention if they develop symptoms. Meanwhile, children are advised to take vitamins to boost their immune system, drink plenty of water and practice good personal hygiene at all times.

We would like to kindly request parents/ guardians to wear facial mask when picking up your children from school if you have flu or cough.

In view of this matter, parents who do not wish to send their child to school may do so at their own will however parents are required to write a letter stating the reason and the duration of leaves to inform the Principal's office.

Everyone in the Seri Mulia Sarjana School International School community needs to play a part to slow down the spread of H1N1. The best weapon to fight H1N1 infection is **SOCIAL DISTANCING**.

If you are unwell, please stay away from other people and your workplace or wear a mask.

Parents need to cooperate to complement the actions taken by Seri Mulia Sarjana International School by keeping their unwell children at home and away from school, even if there is no travel history to the affected areas.

Seri Mulia Sarjana International School will step up vigilance measures to detect and isolate those with fever and other flu symptoms.

As an added precautionary measure, parents and students are advised to brace themselves for classes, entire levels or schools to be shut in the event of a community infection.

This is a call that requires ALL of us to be vigilant and to take any flu symptoms seriously and responsibly by staying away from others. If each of us strictly exercise our **SOCIAL RESPONSIBILITY**, life can go on as normal.

For more information, parents may contact the health line 145 during office hours and 8220991 outside working hours.

For the time being, students and staffs are strongly encouraged to bring the following items to the class/ work place:

1. portable liquid/ gel hand sanitizers
2. disinfectant/ dettol solution to clean their OWN working table/ work stations DAILY
3. disposable tissues / handkerchief
4. disposable gloves
5. face protective mask (surgical grade)

As per advice from the Ministry of Health, anyone who shows symptoms of Influenza A H1N1 such fever, runny nose, cough, sore throat, difficulty in breathing, joint pains, headache, dizziness, diarrhea or vomiting to:

- √ Immediately seek medical attention.
- √ Wear an appropriate mask to prevent the spread of the infection to other people.
- √ Keep themselves isolated from other family members and friends until they have recovered.
- √ Refrain from going to public places including shopping malls, recreational parks, schools.
- √ Refrain from attending family gatherings and functions.
- √ Refrain from visiting patients in the hospital.

As Influenza A (H1N1) is highly infectious and can affect daily activities for those who are infected, the ministry also reminded everyone to maintain good personal hygiene with:

- ✓ Frequent hand washing using soap and water and drying hands using disposable napkins or electrical hand dryer.
- ✓ Use of disposable tissue paper containing alcohol or antimicrobial gel in the absence of a hand washing facility.
- ✓ Covering nose and mouth with tissue paper when coughing or sneezing and immediately throw the tissue paper away in the rubbish bin.
- ✓ Avoiding being with people who have symptoms of influenza.
- ✓ Avoiding going to crowded places.

Socially Responsible Behaviour – How?

HANDWASHING



Greater personal hygiene measured by washing hands PROPERLY and REGULARLY using antiseptic soaps.



In the absence of washing basins, use portable gel-hand sanitizers containing germicides. Avoid rubbing your eyes with your hands.

SNEEZE & COUGH ETIQUETTE



Use tissues when coughing or sneezing NOT handkerchief. Dispose used tissues into rubbish bins immediately. Wash/sanitise hand immediately afterwards.

FACIAL MASK



Use facial masks when visiting clinics and hospitals; avoid public places / gatherings for the time being.

VOLUNTARY VISIT to the DOCTOR & STAY @ HOME



If you feel unwell, feverish, showing symptoms of flu such as coughing and sneezing – visit the doctor / nearest clinic immediately and rest at home until you feel completely fit.

INFLUENZA A (H1N1)

SCREENING
Infrared Temperature Checks
Class Entrance/ Building Entrance

