



## CHIEF EPIDEMIOLOGIST FOR ICELAND – CIVIL PROTECTION DEPARTMENT OF THE NATIONAL COMMISSIONER OF THE POLICE

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### To parents /custodians

The influenza pandemic currently spreading is in most cases a relatively mild disease and does not require any restrictions in school attendance. The need for school closure is, however, constantly being re-evaluated and current plans may therefore change if the disease becomes more severe.

School administrators co-operate with the Ministry of Education, Science and Culture in co-ordinating a preparedness plan to ensure combined efforts in all schools.

Due to the unpredictable nature of an influenza pandemic current plans need to be re-evaluated continuously.

Current measures aim at preserving all school activities and minimizing the spread of influenza.

The main ways to minimize the spread of influenza are:

- People with influenza-like illness are encouraged to stay home up to 7 days from onset of symptoms.
- Asymptomatic people belonging to the same household as an influenza-patient do not have to stay at home.
- Frequent hand washing is the most effective way to reduce the risk of spreading influenza. Use of paper towels is encouraged for drying hands, sneezing and coughing.

More detailed information is available at [www.influenza.is](http://www.influenza.is).

Seltjarnarnes, 14 August 2009

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National Commissioner of the Icelandic Police,  
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