



Dear Parent,

05/06/2026

Greetings from The Spanish School of Abu Dhabi!

Our school aims to maintain the highest standard of infection control as a mode to reduce the transmission of sickness and disease. As parents you can play an important role in helping your child have a healthy place to learn. Here are some ways you can help your child's school stop the spread of germs:

What can families do to keep from getting sick and spreading flu?

1. Practicing good hand hygiene.

Children should wash their hands frequently with soap and water, especially after coughing or sneezing, for at least 30 seconds. Alcohol-based hand sanitizers are also effective. In addition, children should keep their nails trimmed and maintain good personal hygiene practices.

2. Practicing respiratory etiquette.

The main way that the flu spreads is from person to person in the droplets produced by coughs and sneezes, so it's important to cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.

3. Get a flu shot.

4. Avoid touching nose, eyes and mouth.

5. Clean and disinfect frequently touched surfaces at home and work.

As viruses can live on hard surfaces for up to eight hours, sanitize objects like your furnitures, keyboard, telephone and door handles frequently.

6. Practice healthy habits:

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids specially during this summer season and eat nutritious food.

7. Keep your child at home if sick.

Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

Students and their families must take personal responsibility for helping to slow the spread of the virus by practicing these steps to keep from getting sick with flu and protecting others from getting the flu.





We thank you in advance for your cooperation.

Kind Regards,
Reshma Baby
School Nurse.



Reshma