



Seasonal Influenza Awareness Guide

BPS 043 / 22-10-2026

Dear Parent,

Greetings from Buds Public School!

As part of our commitment to maintaining a healthy and safe environment for our students, we would like to bring your attention to the attached **Seasonal Influenza Awareness Guide** published by the Dubai Health Authority (DHA).

The DHA strongly recommends annual flu vaccination for everyone aged 6 months and older—especially young children, pregnant women, and individuals with underlying chronic health conditions. Vaccination significantly reduces the risk of severe illness, complications, and school absenteeism.

Daily Preventive Habits:

- Encourage frequent handwashing and sanitizing.
- Teach proper cough and sneeze etiquette (covering the mouth/nose).
- Avoid touching the face (eyes, nose, and mouth) with unwashed hands.

If your child shows symptoms of a cold or flu (such as fever, cough, sore throat, or body aches), please keep them at home and seek medical advice. Early self-isolation helps protect classmate immunity and prevents campus-wide outbreaks.

Please review the attached PDF document for comprehensive details on flu symptoms, vaccine safety, and frequently asked questions.

Thank you for your continued support and cooperation in keeping our school community safe and healthy.

Donald Errol Weilson,
Principal