

9th December 2019

Dear Parent/Carer

Winter Infections in Children

We have a number of students away with coughs and colds, currently. This is often the case towards the end of the term. However, a small number have also experienced sickness, and so I am circulating advice from Public Health England (PHE) West Midlands on managing norovirus.

Norovirus is commonly known as Winter Vomiting Disease and often occurs in the community and in schools and nurseries at this time of the year. If your child is ill, you may find the following information useful:

ADVICE FOR PARENTS ABOUT NOROVIRUS

What are the symptoms?

- diarrhoea and vomiting usually lasting 1 -2 days

What should you do if your child is unwell?

- Make sure they get lots of rest.
- Ensure they drink plenty of fluids, taking sips rather than gulps to avoid vomiting.
- Give infant Paracetamol or Ibuprofen, according to product instructions, to help keep their temperature down.
- If your child is unusually sleepy, won't take fluids or has other symptoms, such as blood in their diarrhoea, an unusual rash, headache, neck stiffness or difficulty breathing, ring NHS Direct (0845 4647), contact your GP or take your child to hospital.
- Please ring your child's nursery/ school and let them know that your child is ill and what symptoms they have.
- Keep them at home until they are well enough to return to school. However, if your child has been suffering from diarrhoea and vomiting keep them at home until they have been free of symptoms for 48 hours.

How can you prevent the spread of these infections?

Hand washing is one of the most important ways to prevent the spread of both of these infections. This applies to the child who is ill and the person looking after them.

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Hands should always be washed, using liquid soap if possible:

- Before and after caring for your child
- After using the toilet
- Before eating or handling food
- After cleaning up a mess (vomit, faeces or urine)

Other ways of preventing the spread of infection are to:

- Keep a separate towel for family members who have symptoms
- Dispose promptly of used tissues and other items that your child may have coughed or sneezed on
- Wash soiled clothing, bed linen and towels in a washing machine. Use the hottest wash for that fabric
- Clean baths and washbasins thoroughly and disinfect after use
- If cleaning up diarrhoea or vomit, wash the surface with hot soapy water and disinfect before allowing to dry. If using bleach remember that it can remove the colour from fabrics and can burn the skin

Please keep your child away from other children and people that are particularly vulnerable, eg the elderly and those with chronic illnesses.

We would be very grateful for the support of parents in helping us reduce the spread of any infections. If your child has symptoms of diarrhoea and or vomiting, please keep them at home until 48 hours after they are symptom free. During this time, they should not mix with other children outside the home or visit local venues.

Yours sincerely

A handwritten signature in black ink, appearing to read 'P. Hearle'.

Paula Hearle
Head Teacher