



16 December 2019

Dear Parents / Carers,

Winter Vomiting Bug – Advice for Parents/ Carers from Public Health England

Our colleagues at Public Health England (West Midlands) have been in touch to inform us that they are seeing a significant increase in outbreaks of norovirus (winter vomiting bug) in schools compared to this time last year.

It is present in the community at this time of the year, although not currently circulating in our school. We would be very grateful for the support of parents in helping us reduce the risk of the spread of infection. 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.

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. You may find the following information in the Winter Infections in Children Leaflet useful.

If your child is unwell please ring school and let us 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.

Yours faithfully

Mr Steven Fisher
Executive Headteacher



Winter Infections in Children An information leaflet for parents

This leaflet gives advice on illnesses that are currently affecting nursery and primary school children across the West Midlands

What are the symptoms?

There are two groups of symptoms

- Diarrhoea & vomiting usually lasting 1 - 2 days
- Fever, tiredness and nausea (feeling sick) sore throat, sometimes with a cough lasting 3 - 4 days

What should you do if your child is unwell?

- Keep your child at home until they are well

If your child has diarrhoea and/or vomiting they should not attend school/nursery until they have been free of symptoms for 48 hours

- Ensure they drink plenty of fluids, taking sips rather than gulps to avoid vomiting
- If they have a fever, give infant paracetamol and/or ibuprofen according to manufacturer's instructions
- If your child is unusually sleepy, is unable to take fluids or has other symptoms such as an unusual rash, headache or neck stiffness seek medical advice immediately.

Infection Control Advice

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 caring for them. Hands should be washed using soap and rinsed under running water:

- Before and after caring for child
- After using the toilet
- Before eating, preparing or handling food
- After cleaning up spills (vomit, diarrhoea or urine)
- Keep a separate towel for each family member who has symptoms. These should be changed regularly
- Dry your hands thoroughly

Other control measures include

- Dispose of used tissues immediately after use
- Wash soiled clothing , bed linen and towels in a washing machine, using the hottest wash for the fabric
- Ensure toilet areas, baths, and washbasins are kept clean using a solution of hot soapy water
- After initial cleaning, areas may also be disinfected using a 1 in 10 bleach solution. *(If using bleach remember that it can remove the colour from fabrics and can burn the skin)*

Further information can be obtained from:

West Midlands Public Health England team
2nd Floor, Kidderminster Library, Market Street, Kidderminster, DY10 1AB