



Holyoakes Field First School Winter Illness Advice

School attendance and winter illnesses.

So far this year, our overall attendance is slightly below the government target of 95%. While some absences were due to common childhood illnesses such as chickenpox, attendance has also been affected by seasonal winter illnesses.

You can help by:

1. Encouraging your children to layer up; wearing layers provides better insulation and remember to cover hands and head.
2. Encouraging good hand hygiene.
3. Ensuring your child is up to date with vaccinations and immunisations.
4. Encouraging your children to eat a balanced diet, taking regular exercise and getting enough sleep.



Stop norovirus spreading

Norovirus, also known as the 'winter vomiting bug', is the most common stomach bug in the UK. It can spread easily through close contact, or by contaminated surfaces, food or water.

The main symptoms of norovirus include a sudden onset of nausea, followed by projectile vomiting and diarrhoea, usually 1 to 2 days after becoming infected. Other common symptoms include a high fever, a headache and aching arms and legs.

Good hand hygiene is important to stop norovirus spreading.

To stop norovirus spreading, you should:

- wash your hands thoroughly using soap and warm water after using the toilet or contact with a sick individual and before preparing and eating food.
- stay off school or work until you have not been sick or had diarrhoea for at least two days
- not rely on alcohol gels instead of washing your hands, as these do not kill the virus
- wash any contaminated clothing or bedding using detergent at 60°C using disposable gloves to handle any items
- use bleach-based cleaners to disinfect surfaces

If you catch it, stay home for 48 hours after your symptoms clear

DO ✓

Wash clothes and bedding at 60°C



Wash hands with soap, clean surfaces with bleach-based disinfectants



DON'T ✗

Go to work or school, visit care homes or hospitals



Prepare food for others



Most people will make a full recovery in 2-3 days without needing any medicine. It is important to keep hydrated – especially children and the elderly.

Try not to visit A&E or GP surgeries if you have symptoms of norovirus unless advised to do so by a healthcare professional, as this may spread the bug to others. Call ahead to a GP or ring NHS 111 if you are worried about your symptoms.

Further information is available at NHS 111 or NHS.uk (<https://www.nhs.uk/conditions/norovirus/>)



Winter infections in children – guidance for parents/guardians

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

What are the symptoms?

There are two groups of symptoms:

- Diarrhoea and vomiting – usually lasting 1-2 days
- Fever, tiredness, runny nose, cough and sore throat – lasting 3-4 days

What should I do if my child is unwell?

- If your child has diarrhoea and/or vomiting symptoms, they should not attend nursery/school until they have been symptom free for 48 hours
- If your child has a high temperature and is unwell, it is very important they stay at home and don't attend school until they have recovered. Children with mild symptoms like runny nose, sore throat, or mild cough, who are otherwise well, can continue to attend school.
- Ensure they drink plenty of fluids – taking sips rather than gulps, to avoid vomiting
- If they have a fever – give child paracetamol and/or ibuprofen, according to manufacturer's instructions. Your local pharmacist can also advise you about the best treatment for your child
- If your child is unusually sleepy, can't take fluids or has other symptoms, such as an unusual rash, headache or neck stiffness – **seek medical advice immediately**

Infection control advice

Handwashing 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 the child
- After using the toilet
- Before eating, preparing or handling food
- After cleaning up spills (vomit, diarrhoea or urine)
- Also – keep a separate towel for each family member who has symptoms, and change them regularly
- Dry hands thoroughly

Other control measures:

- Cover nose and mouth when coughing or sneezing, using a tissue if possible – dispose of used tissues immediately and wash hands
- Wash soiled clothing, bed linen and towels at 60°C, using detergent – if possible, wear disposable gloves to handle contaminated items
- Surfaces and touch points (taps, toilet flush handle, door handles) should be cleaned then disinfected with bleach-based cleaner
- Check that your child is up to date with their [NHS vaccinations schedule](#)

For further information, visit [NHS.uk](#) and search for 'respiratory infections' and 'diarrhoea and vomiting'