



23<sup>rd</sup> September 2021

Dear parent / guardian,

**Re: Recent illness in school**

We have been informed that a small number of children who attend Forest View Primary School have reported a diarrhoea and/or vomiting illness. This letter offers some information and advice which you may find useful.

Diarrhoea and vomiting are common in adults and children and are often caused by a stomach bug. Most people experience mild symptoms and usually recover within 5 to 7 days. Occasionally symptoms can be more severe, and it is important that you seek further prompt advice from your GP or NHS 111 if:

- you or your child keep being sick and cannot keep fluid down (vomiting should usually stop within 1-2 days)
- you or your child have signs of dehydration such as passing less urine than normal, or your urine is pink/brown in colour
- you or your child have bloody diarrhoea / bleeding from the bottom or develop easy bruising
- the symptoms of diarrhoea and vomiting are not resolving, or you need further advice on how to manage the illness

Further information can be found at: <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

If you or your child develops diarrhoea and or vomiting, it is important that you stay off school/work until **48 hours after you have last vomited or passed diarrhoea** to avoid the spread of further infection.

High temperature is also common in children with infections including COVID-19. If your child experiences a high temperature (fever) or any of the other main symptoms of COVID-19 (new continuous cough and/or loss or change to sense of smell or taste) you should follow the stay at home guidance (<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>) and arrange a PCR test as soon as possible.

Further information about how to manage fever in children can be found here: <https://www.nhs.uk/conditions/fever-in-children/>.

**General hygiene**

The spread of most infectious illnesses is reduced through good hand hygiene. Please encourage your child to wash their hands frequently with warm water and soap particularly after using the toilet and before eating. Clothing or bedding that has poo or vomit on it should be washed separately on a hot wash and surfaces such as toilet seats, flush handles, taps and door handles should be cleaned regularly.

If you are concerned about any of the information in this letter or would like to discuss it further, please contact my team on 0300 303 8596 (option 1).

Yours sincerely,

Dr Gayle Dolan, Consultant in Health Protection