



Private and confidential

Dear Parent / Guardian,

Re South Borough Primary School

We have been informed that the school/nursery that your child attends is currently experiencing an increase in the number of children and staff with symptoms of diarrhoea and vomiting illness.

If your child has symptoms of vomiting or diarrhoea we request that you **do not send your child to school/nursery** until they have been **symptom free for 48 hours** to prevent further spread of infection.

Gastroenteritis (diarrhoea and vomiting) can be caused by several different types of viruses and bacteria. The symptoms can include vomiting, headache, fever and sometimes diarrhoea. The infection can be spread from person to person by the droplets produced by vomiting or can be spread by the faecal-oral route.

How can you prevent the spread of these infections?

Hand washing is the most important step to prevent the spread of these infections. This applies to the child who is ill and the person looking after them. Hands should be washed using soap and warm water. Hands should be washed frequently but especially:

- Before and after caring for your child
- After using the toilet
- Before eating or handling food
- After cleaning up 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

Individuals with gastroenteritis usually make a full recovery without any treatment, however if you are concerned about your child's health, or if your child has any symptoms e.g. fever or bloody diarrhoea, you should seek medical advice promptly.

Yours sincerely,

The South East Health Protection Team
UK Health Security Agency South East