

10th October 2018

Dear Parents/ Carers

We have noticed an increase in absence today due to sickness and diarrhoea in school, it is essential that you keep your child/ren at home for 48 hours after the last bout of diarrhoea or sickness. This will ensure the best infection control.

A sickness bug is easily spread – you can catch it simply by touching contaminated surfaces or objects. Washing hands frequently and encourage children to do the same especially after going to the toilet will help to prevent the spread.

How do you treat a sickness bug?

To treat the symptoms of a sickness bug, we recommend the following for children and young people:

- Ensure they drink plenty of water to avoid dehydration.
- Give them liquid paracetamol for any fever or aches and pains.
- If they feel like eating, give them easy to digest foods such as bananas or brown rice.
- Stay at home – there is nothing the GP can prescribe for sickness and diarrhoea, although your local chemist may be able to provide rehydration solutions.
- Contact your GP or NHS 111 to seek advice if the symptoms last longer than a few days, or visit nhs.uk for more information.

Yours Faithfully

Mr P Rawlings

Headteacher