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Headteacher: Mrs H Shepherdson

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Dear Parents and Carers

I am writing to inform you that diarrhoea and vomiting is circulating in our community, and I would like your support in being vigilant to your child developing any symptoms.

Here is some information about the infection that might be helpful for you and your child:

Question	Information
What is the infection?	<p>Diarrhoea and/or vomiting may be due to a variety of causes including germs, toxins infectious and non-infectious diseases. However, as a rule, all cases of diarrhoea and vomiting should be regarded as potentially infectious unless there is good evidence to suggest otherwise.</p> <p>A liquid stool is more likely to contaminate than a formed stool and is therefore a greater risk. Vomit, like liquid stools, can also be highly infectious, including when there is norovirus circulating in the community.</p>
What are the common symptoms?	<p>Symptoms can include:</p> <ul style="list-style-type: none"> • Nausea (often sudden onset) • Vomiting (often projectile) • Crampy abdominal pain • Watery diarrhoea • High temperature, chills and muscle aches <p>Diarrhoea is defined as three or more liquid or semi-liquid stools within a 24-hour period.</p>
How is the infection spread?	<p>People can become infected in several ways, including:</p> <ul style="list-style-type: none"> • contact with an infected person, especially contact with vomit or faeces • contact with contaminated surfaces or objects and then touching eyes, nose or mouth • consuming contaminated food or water

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<p>What can be done to prevent infection?</p>	<ul style="list-style-type: none"> ✓ Wash hands frequently with soap and water, including before eating or preparing food and after toilet use ✓ Thoroughly clean and disinfect contaminated surfaces immediately after an episode of vomiting or diarrhoea by using a bleach-based household cleaner ✓ Flush or discard any vomit and/or faeces in the toilet and make sure that the surrounding area is kept clean ✓ Wash bedding and clothing on high temperatures ✓ Good ventilation of indoor spaces
<p>If my child has symptoms, can they attend the setting?</p>	<p>If your child is feeling poorly, it is advisable that they stay at home until they are feeling better. If your child has a high temperature, they should stay at home.</p> <p>It is important that people who have been ill with diarrhoea and vomiting (gastroenteritis) should remain at home while symptomatic and for <u>two full days</u> (48 hours) after their last episode of vomiting or diarrhoea and are well enough to return.</p>
<p>Should I contact a GP?</p>	<p>If your child experiences prolonged symptoms or you are concerned at all, contact your GP. If you or your child may be vulnerable to infections, are immuno-compromised or you are pregnant please consult with your GP or midwife if you are concerned. You can contact the NHS by calling 111 or if it is an emergency, dial 999.</p>
<p>Where can I find more information about supporting my child?</p>	<p>It is always important that your child remains hydrated by drinking plenty of fluids such as water.</p> <p>Health A to Z - NHS (www.nhs.uk) Direct link to NHS advice Diarrhoea and vomiting</p>

I hope this information is helpful, thank you for your continued support.

Yours sincerely

Mrs Shepherdson
Headteacher

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