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Dear Parent

I am writing to you with a few guidelines of what to do if your child is ill, as it appears we have a bug going around at the moment and we would like to stop it from spreading as much as possible. This also coincides with guidance given by the Health Protection Agency.

- If your child complains of feeling sick, or is actually sick, s/he must be kept away from school until **free of symptoms for at least 48 hours.**
- Drink plenty to replace lost fluids. If symptoms persist (more than 48 hours) phone the GP or NHS Direct 0845 46 47 for advice.
- Wash hands thoroughly with soap and water regularly, particularly after toilet visits and before eating.
- Stay at home, ensure personal hygiene is good, particularly hand-washing, and avoid contact with others where possible.
- Do not handle or prepare food for other people until symptom free for a minimum period of 48 hours.
- As you may know, the elderly and the very young can sometimes get a more severe infection. If symptoms persist contact your GP or NHS Direct 0845 46 47 for advice.

If you have any queries please do not hesitate to contact us. In the meantime, thank you for helping us to try and keep our school germ free!

Yours sincerely

Lindsay Wood
Year 6 Teacher

Andy Drury
Headteacher

