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## Achieving Excellence for Ourselves and Others

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Dear Parents/Carers,

You may already know that norovirus is currently circulating in local communities. Norovirus is a common infection which causes symptoms of diarrhoea and vomiting. Although we have not had an outbreak at our school, Public Health England has asked us to distribute the following advice:

Norovirus is generally a mild infection and people usually recover fully within 2-3 days. No specific treatment is needed, but it is important to keep hydrated by drinking fluids as tolerated. Norovirus is highly infectious and spreads easily from person to person, especially in close knit communities such as schools, therefore, we are asking for your help to prevent further illness within the school by following the advice in the checklist below:

- Staff and pupils who develop symptoms of diarrhoea and/or vomiting should stay away from school/nursery and other childcare settings such as childminders, until they have been symptom free for at least 48 hours.
- Good hygiene is important to stop the spread of infection, especially hand washing, frequently and thoroughly with soap and water, particularly after using the toilet and before eating or handling food.
- Good hygiene in the home will also help prevent spread to other family members. If possible separate toilets and towels should be used. Toilets, including seats and handles, as well as door handles, wash basins and other frequently touched surfaces should be cleaned and disinfected frequently.
- If symptoms do not resolve after 48 hours or if you are concerned, please contact your GP by phone or contact the NHS non-emergency number 111.

Yours sincerely,

Jenny Tombs  
Assistant Head (Pupil Inclusion and Safeguarding)

