

Dear Parent/Carers,

As we approach the Christmas period, we are aware that there are a number of virus's circulating across Stockport, which could have similar symptoms such as a temperature, diarrhoea, vomiting, rashes etc.

Symptoms in children can be very non-specific, if your child is unwell and you do see a doctor then it is important to let the school or nursery know what the doctor has said the illness is in case this may be affecting other children at the school.

There is some general advice for common symptoms / infections which you should be aware of:

Condition	Symptoms	Treatment	Exclusion from setting	Comments
Gastroenteritis	Diarrhoea and / or vomiting	Encourage fluids to prevent dehydration Seek medical attention if not improving.	Children should not return to the setting until they have been symptom free for 48hours	
Scarlet Fever	Fever, sore throat	Antibiotics (medical review required)	Children can return to the setting 24hrs after starting antibiotic treatment.	
Hand, Foot & Mouth	Rash across palms of hands, soles of feet & inside of mouth. Tiredness, Fever	No treatment required but may need medical review to determine diagnosis	There is no requirement for children to stay off school unless the child is generally unwell	
Influenza	Fever, chills, headache, muscle aches, cough, sore throat, runny nose	Fluids, paracetamol if able to take to reduce fever. Seek medical attention if not improving.	It is recommended that your child stay away from school until they are well enough and no longer have a fever.	Please consider having the nasal flu vaccine for children. Check <a href="http://www.nhs.uk">www.nhs.uk</a> for further information
COVID 19	Fever, chills, new continuous cough, loss or change in sense of smell or taste. Shortness of breath, general tiredness, muscle aches, headache, sore throat,	Fluids, paracetamol if able to take to reduce fever. Seek medical attention if not improving.	Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either have a high temperature, do not feel well enough to go	Please consider using Lateral Flow Tests if you have access to these.  Please consider having the COVID vaccine

	blocked or runny nose, loss of appetite, diarrhoea, nausea or vomiting		to school, college or childcare, or do their normal activities.	if eligible for it. Check <a href="http://www.nhs.uk">www.nhs.uk</a> for further information
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There are a number of actions you as a family can take to prevent getting an infection during these winter months. These include:

- Vaccination for influenza (flu) or COVID 19
- Regularly washing your hands with soap and water or using alcohol hand gel if hands are visibly clean
- Using tissues to catch sneezes or runny noses, disposing of the and then washing your hands
- If anyone starts with symptoms that are not resolving, to seek medical attention
- Visit <https://ukhsa.blog.gov.uk/2022/10/25/5-ways-to-protect-your-under-5s-this-winter/> for further information on the 5 ways to protect your family during winter.

Kind regards



Sarah Turner

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<https://www.healthystockport.co.uk/topic/protecting-your-health>