

December 6<sup>th</sup> 2019

Dear Parent/Carer

A number of students at Balshaw's Church of England High School are currently absent with vomiting and/or diarrhoea. The symptoms suggest this may be the Norovirus (also known as the Winter Vomiting Disease).

If your child is affected with vomiting and/or diarrhoea they should remain **off school until they have been symptom free for at least 48 hours.**

Norovirus is a common cause of gastroenteritis in people. Symptoms usually include nausea, vomiting, diarrhoea and stomach cramping. The symptoms of norovirus appear about 24 - 48 hours after coming into contact with the virus. The illness is usually brief, lasting only one to three days.

To avoid the spread of this virus, ensure all members of your family wash their hands frequently using warm water with liquid soap. Antibacterial gel does not kill the norovirus.

If you have any questions or concerns, please feel free to contact me on 01772421009.

Yours sincerely

*Mrs L Leyland*

Attendance Officer