

18th October 2023

Winter Bugs & Illnesses

Dear Parents and Friends of Castle Hill,

Following the latest communication from UK Health Security Agency, September 2023, we would like to remind you of the following.

As you are aware since March 2022 when the final Covid restrictions were lifted the UK Health and Security Agency (UKHSA) has advised that COVID-19 should be managed like other respiratory infections, such as flu.

Staff and pupils are advised to try to stay home if they have symptoms of a respiratory infection and a high temperature, or if they feel unwell (returning to school when they feel well enough, and no longer have a high temperature).

Those with a positive test result will be advised to try to stay at home and avoid contact with other people:

- Staff for **5** days from after the day the test was taken
- Pupils for **3** days from after the day the test was taken

If your child has a long-term medical condition, such as a neurological condition, learning disability, heart disease or severe asthma, and develops symptoms of COVID-19 or flu, you should seek advice from your GP or call 111.

For further information read more in the [UKHSA guidance](#).

Unfortunately, as with many infectious illnesses, often the infectious period can be a few days prior to onset of any symptoms.

Health & Safety Measures in Place

As a school we continue with a number of the health and safety measures as they are beneficial for minimising a number of winter bugs. We continue to:

1. reinforce good hygiene practices such as regular hand washing and cleaning
2. ensure that occupied spaces are well-ventilated and let fresh air in.
3. continue to promote the catch it-bin it when it comes to coughs and cold symptoms in school
4. annual flu vaccinations are offered during the autumn / winter each year

Yours sincerely



John DF Martin + CHPS Team

Executive Headteacher