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Head Teacher: Mr T Abbs

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Dear Parents

Flu-Like illness

This letter is to let you know that a number of children at Earith Primary School are currently absent with flu-like symptoms.

We have discussed the situation with the local Health Protection Team and are writing to provide you with advice and further information.

The numbers affected are larger than would normally be expected, but it's well known that these types of bugs spread very easily and quickly.

Flu-like illness can be caused by several different viruses. In the UK many of these viruses are seasonal in their activity and tend to circulate at higher levels during the winter months. It can be difficult to say exactly which virus is causing the illness, so doctors often diagnose a flu-like illness.

It is important to stop any further spread that your child does not attend school **while they have a fever or are unwell**. Children with mild symptoms such as runny nose, and headache who are otherwise well can continue to attend school.

If your child has or develops any sickness or diarrhoea as part of the symptoms, they must remain at home until they have been **symptom free for 48 hours**. This advice should be strictly adhered to for the general health and wellbeing of the whole school community, the same exclusion will also apply for symptomatic staff members.

It is important to remind children of the importance of personal hygiene to stop the spread of bugs like these, particularly washing hands with warm water and soap, use tissues to trap germs when coughing or sneezing and dispose of used tissues as quickly as possible.

More information on flu-like illness can be obtained from:
<https://www.nhs.uk/conditions/respiratory-tract-infection/>

And further information on specific illnesses is available here:
[Children and young people settings: tools and resources - GOV.UK](#)

Yours sincerely

Thomas Abbs
Head Teacher

Please refer to our comprehensive Pupil Privacy Notice on our website or hard copy held by the school office which records how we use information about you and what we do with it.

Coughs and sneezes spread diseases



always carry
tissues



cover your
coughs and
sneezes



throw used
tissues in
a bin



always clean
your hands

Stop germs spreading

