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31st October 2025

Dear Parents/guardians,

We are writing to inform you that the school has had some cases of influenza or flu like symptoms. Having sought advice from Public Health, we have been asked to forward the following information to you.

The setting remains open, and your child should continue to attend as normal if they remain well.

What to do if your child develops respiratory symptoms or a high temperature.

The guidance for people with symptoms of a respiratory infection including COVID-19,:

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19>

This includes advice for children and young people attending education and childcare settings. The key points are:

- Children with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well, can continue to attend their education or childcare setting.
- Children and young people who are unwell and have a [high temperature](#) should stay at home and where possible avoid contact with other people. They can go back to education or childcare setting when they no longer have a high temperature, and they are well enough.
- Children and young people who usually go to school, college or childcare and who live with someone who has COVID-19 or another respiratory illness such as flu should continue to attend as normal unless they become unwell.

How to stop respiratory illness spreading (including COVID-19 and flu)

There are things you can do to help reduce the risk of you and anyone you live with catching and spreading a respiratory illnesses:

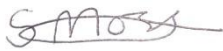
- Take up vaccinations when you are offered – the annual flu vaccination is part of the routine vaccine schedule for eligible groups. To check if you/your child is eligible visit <https://www.nhs.uk/conditions/vaccinations/> or speak to your GP
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day
- Cover your mouth and nose with a tissue or the crook of the arm (not your hands) when you cough or sneeze and put used tissues in the bin immediately and wash your hands afterwards
- Meet people outside and avoid crowded areas
- Open doors and windows to let in fresh air if meeting people inside

Treatment

If your child has a long-term medical condition, such as a neurological condition, learning disability, kidney/liver/spleen condition, congenital heart disease or severe asthma, and develops symptoms of COVID-19 or flu, you should seek advice from your GP or call NHS 111. You will then be advised whether your child should be tested and whether they may benefit from antiviral medicine.

Please note: Children with conditions such as these and who have not had a flu vaccine this winter may also benefit from preventative antiviral medication if they have close contact with someone who has influenza, even if they are not unwell themselves. If this applies to your child, please contact your GP or specialist (hospital) doctor to discuss.

Kind regards,

A handwritten signature in dark ink, appearing to read 'S Moss', with a horizontal line extending to the right.

Sarah Moss
Headteacher