



EVINGTON VALLEY PRIMARY SCHOOL

Caring and Learning Together

November 2018

Dear Parent / Carer

Sickness / Diarrhoea Bug

We have a large number of children and staff absent at the moment due to sickness and/or diarrhoea. In order to prevent this from spreading further, **we are asking parents to keep their child at home for 48 hours after the last episode of vomiting or diarrhoea.**

Here is some useful information about how to try and keep your child and family free from the sickness bug:

What can I do to stop myself catching the sickness / diarrhoea bug?

It's not always possible to avoid getting a sickness bug, but following the advice below can help stop it from spreading.

- **Stay off work or school until at least 48 hours after the symptoms have passed.** You should also avoid visiting anyone in hospital during this time.
- **Wash your hands frequently and thoroughly with soap and water**, particularly after using the toilet and before preparing food. Don't rely on alcohol hand gels, as they don't kill the virus.
- **Disinfect any surfaces or objects that could be contaminated.** It's best to use a bleach-based household cleaner.
- **Wash any items of clothing or bedding** that could have become contaminated separately on a hot wash.
- **Don't share towels and flannels.**
- **Flush away any infected poo or vomit in the toilet** and clean the surrounding area.

What should I do if I have the sickness / diarrhoea bug?

If you experience sudden diarrhoea and vomiting, the best thing to do is to stay at home until you're feeling better. You don't usually need to get medical advice unless there's a risk of a more serious problem.

To help ease your own or your child's symptoms:

- **Drink plenty of fluids to avoid dehydration.** You need to drink more than usual to replace the fluids lost from vomiting and diarrhoea – as well as water, adults could also try fruit juice and soup. Avoid giving fizzy drinks or fruit juice to children as it can make their diarrhoea worse. Babies should continue to feed as usual, either with breast milk or other milk feeds.
- **Take paracetamol for any fever or aches and pains.**
- **Get plenty of rest.**
- **If you feel like eating, eat plain foods** such as soup, rice, pasta and bread.
- **Use special rehydration drinks** made from sachets bought from pharmacies if you have signs of dehydration, such as a dry mouth or dark urine.

Evington Valley Road, Leicester, LE5 5LL
Telephone: 0116 2736971 Fax: 0116 2733461
E-mail: office@evingtonvalley.leicester.sch.uk
Website: www.evingtonvalley.leicester.sch.uk
Headteacher: Jill Griffin



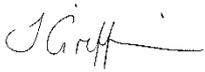
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- **Adults can take anti-diarrhoeal and anti-emetic (anti-vomiting) medication** – these aren't suitable for everyone though, so you should check the medicine leaflet or ask your pharmacist or GP for advice before trying them.

Within school we have been revisiting hand hygiene with the children, and would ask that you continue this at home. If your child is sick in school, you will be asked to come and collect him/her and you will be advised to keep them at home for at least 48 hours after they are last sick.

For further advice and information, please visit www.nhs.uk or speak to your GP.

Yours sincerely

A handwritten signature in black ink, appearing to read 'J Griffin', with a long horizontal flourish extending to the right.

Jill Griffin
Headteacher