

Medicines Please note:

Medicines should only be brought into school for administration when essential; that is where it would be detrimental to a child's health if the medicine were not administered during the school day. Should a prescribed medicine be required to be taken three times a day or less, the school will not administer the medicine during the school day as we have been advised that medicines that need to be taken three times a day can be taken in the morning, after school hours and at bedtime.

We have received the following information from the UK Health Security Agency

Flu/High Temp/Covid

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 which is being controlled by fever reducing medication, and when they are well enough.

- If a child or young person has a positive COVID-19 test result they should try to stay at home and, where possible, avoid contact with other people for 3 days after the day they took the test. The risk of passing the infection on to others is much lower after 3 days if they feel well and do not have a high temperature.
- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days.
- 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.

Gastroenteritis / Norovirus

Gastroenteritis

Gastroenteritis refers to a condition in which a stomach bug, usually a virus, infects the gut and gives rise to symptoms such as diarrhoea and vomiting.

Norovirus

- Norovirus, also known as the 'winter vomiting bug' is the most common cause of gastroenteritis in England and Wales.
- Norovirus affects people of all ages and spreads easily from person to person.
- The virus is transmitted by direct contact with an infected person, consuming contaminated food or water or by coming into contact with contaminated surfaces or objects.

Symptoms

Sudden onset nausea, vomiting and diarrhoea, usually 1-2 days after becoming infected. Other symptoms may include fever, a headache and body aches.

Stay at Home

Stay off school or work until you have not been sick or had diarrhoea for at least **48 hours**.

Recovery

- There is no specific treatment for norovirus and most people will make a full recovery in 2-3 days without needing medical assessment or medication.
- Some people (usually the very young or elderly) may become very dehydrated and require hospital admission. It is therefore important to drink plenty of fluids during the illness to avoid dehydration.
- Those with diarrhoea and vomiting should try and avoid attending A&E or their GP surgery unless advised to do so by a healthcare professional as this can spread the virus to others.

Scarlet Fever

Signs and Symptoms of Scarlet Fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes* or Group A *Streptococcus* (GAS). It is not usually serious but should be treated with antibiotics. The early symptoms of scarlet fever include sore throat, headache, fever, nausea, and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. On white skin the rash looks pink or red. On brown and black skin, it might be harder to see a change in colour, but you can still feel the sandpaper-like texture of the rash and see the raised bumps.

Scarlet fever is generally a clinical diagnosis and swabbing is not always undertaken. If a parent reports that their child has been diagnosed by the GP or other clinician as having scarlet fever, then that is considered a case without the need for a swab result.

Exclusion

Children and adults with suspected scarlet fever should be excluded from nursery / education setting / work until **24 hours** after the commencement of appropriate antibiotic treatment.

The NHS guidance 'Is my child too ill for school?' is designed to support parents in their decision making about mild illness: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>