

Dear Parents and Carers,

The UK Health Security Agency has issued guidance and advice regarding winter illnesses. As before the Christmas period, children are likely to pick up normal winter illness, such as coughs and colds. In addition, the Health Security Agency has said that cases of flu and scarlet fever in children have increased. They advise parents that following simple steps can help protect children, minimise the spread of illness in education and childcare settings and protect wider communities. If your child has a cold but is well enough to come to school, they can come to school as normal. Children should stay at home if they are not well enough to come to school, for example if they are unwell and this is accompanied by a fever (high temperature).

At school we will be continuing to remind children about good hygiene practices, such as hand washing and using a tissue to catch coughs and sneezes.

Professor Susan Hopkins, Chief Medical Adviser at the UK Health Security Agency (UKHSA), has this advice for parents:

It's important to minimise the spread of infection in schools and other education and childcare settings as much as possible. If your child is unwell and has a fever, they should stay home from school or nursery until they feel better and the fever has resolved.

Helping children to learn about the importance of good hand hygiene is also key, so practice regular handwashing at home with soap and warm water. Catching coughs and sneezes in tissues then binning them is another simple way to help stop illness from spreading.

Adults should also try to stay home when unwell and if you do have to go out, wear a face covering. When unwell don't visit healthcare settings or visit vulnerable people unless urgent.

Remember that flu vaccination is still available for all eligible groups and is the best protection against the virus. We have seen good uptake in older age groups but vaccination among young children remains low. Flu can be very unpleasant and in some cases can lead to more serious illness. Getting your child vaccinated protects them and others they come into contact with, and it's still not too late.

Eligible children include:

- those aged 2 and 3 on 31 August 2022
- all primary school-aged children
- some secondary school-aged children

You can get more information [getting your child vaccinated against flu](#) on NHS.UK.

Kind regards,  
Mrs Kee