



Be the best you can be

Christleton Primary School

Quarry Lane
Christleton
Chester
CH3 7AY
01244 455288

Thursday 24th November 2022

Dear Parents / Carers

A small number of children in school are currently off ill with vomiting and/or diarrhoea. The symptoms are suggestive of winter vomiting disease also known as norovirus. This is known to be currently circulating in the community. This is normally a short lived, self-limiting illness from which children and adults recover quickly.

With the above in mind, we are requesting that if your child is presenting as unwell, that you follow a cautious approach. There have been several cases where staff have had to clean up following episodes of sickness and/or diarrhoea and it has later transpired that the child had been feeling unwell when they arrived at the school or had been ill prior to attending.

We have included some advice about Norovirus below to support.

What are the symptoms?

- Feeling sick (nausea)
- Diarrhoea
- Being sick (vomiting)

Your child may also have

- A high temperature
- A headache
- Aching arms and legs

What should you do if your child is unwell?

- Make sure they get lots of rest.
- Ensure they drink plenty of fluids, taking sips rather than gulps to avoid vomiting.
- Give infant Paracetamol or Ibuprofen, according to product instructions, to help keep their temperature down.
- If your child is unusually sleepy, won't take fluids or has other symptoms, such as blood in their diarrhoea, an unusual rash, headache, neck stiffness or difficulty breathing, ring NHS Direct (111), contact your GP or take your child to hospital.
- Please ring your child's school and let them know that your child is ill and what symptoms they have.
- Keep them at home until they are well enough to return to school. However, **if your child has been suffering from diarrhoea and/or vomiting keep them at home until they have been free of symptoms for 48 hours.**

How norovirus is spread

The virus can spread very easily.

You can catch norovirus from:

- Close contact with someone with norovirus.
- Touching surfaces or objects that have the virus on them, then touching your mouth.
- Eating food that's been prepared or handled by someone with norovirus.

How can you prevent the spread of these infections?

Hand washing is one of the most important ways to prevent the spread of both of these infections. This applies to the child who is ill and the person looking after them. Hands should always be washed, using liquid soap if possible:

- Before and after caring for your child.
- After using the toilet.
- Before eating or handling food.
- After cleaning up a mess (vomit, faces or urine).

Thank you for your support with this matter.

Regards,

Christleton Primary School

Diarrhoea and vomiting in children

There's no specific cure for stomach bugs such as **Norovirus**. See tips to reduce the spread and treat symptoms

Keep kids home from school for



after symptoms have passed.
This is enough time to let the
virus run its course

If your child already has a serious
illness, or symptoms last longer
than a few days, contact your GP
to seek advice

Visit [nhs.uk/norovirus](https://www.nhs.uk/norovirus)



25

different
strains of
Norovirus
are known to
affect humans.

They're the most common cause
of stomach bugs in the UK

Home Treatment



Paracetamol is
useful for fever or
aches and pains



Give kids plenty of water
to stay hydrated and
replace lost fluids



If your child feels
like eating, give
them bland foods