PRIVATE AND CONFIDENTIAL

Coppice Primary School

Tuesday 21st January 2025

Dear Parents and Carers,

Having experienced a high level of absence from the school yesterday, Monday 20th January 2025, the school contacted Public Health England and the Local Authority. The following letter has been provided by Public Health England for your information. In addition to the information below, we want to reassure you that we have asked our site team to put additional daily cleaning in place, re-visited good hygiene rules with the children, increased ventilation around the school and are working with our cleaning contractor for an additional deep clean of the school.

Yours faithfully,

Mr Fernandez
Head of School

Tuesday 21st January 2025

Dear Parent/Guardian/Carer,

This letter is to inform you that several children have been unwell and/or absent with symptoms consistent with a viral illness at Coppice Primary School IG7 4AL

We are continuing to monitor the situation and are providing the following advice:

The school remains open and your child should continue to attend as normal if they remain well. Please note, that if you child has a high temperature and is unwell, then they should not attend school or mix with others outside of school setting, until they no longer have a high temperature and are well enough to attend. For further information on "People with symptoms of a respiratory infection including COVID-19", please click here

Respiratory infections:
Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, COVID-19, flu, and respiratory syncytial virus (RSV). For most individuals these illnesses will not be serious, and they would be able to recover soon. If you have any concerns, then please do consult your doctor/GP for advice and medical assessment.
COVID vaccination: Individuals who are at increased risk can get the COVID-19 vaccine. For more information on COVID-19 vaccination, eligibility and how to book, please click here

Most people are no longer advised to get tested for COVID-19, however if you would like to be tested but are not eligible for a free NHS test, then you can purchase lateral flow tests from a private provider, such as your local pharmacy.

Norovirus:
Although not confirmed, viral gastroenteritis is usually caused by norovirus, a frequent cause of vomiting and/or diarrhoea in the community.

The most common symptom is vomiting. Diarrhoea tends to be short-lived and less severe than with other causes of gastroenteritis. Other symptoms include nausea, abdominal cramps, headache, muscle aches, chills and fever. The illness is usually mild in nature and gets better without antibiotics, which are not appropriate for viral illnesses. Symptoms usually last between one and three days.

Norovirus is infectious and is easily spread from person to person by the faecal-oral route and by vomiting, environmental contamination and subsequent indirect person to person spread.

Exclusion: an affected child or member of staff is advised to stay away from school until 48 hours after the vomiting and/or diarrhoea have stopped. This is an important measure that we have to adopted in order to limit the spread of this infection to others.

There are simple things you can do that will help reduce the spread of respiratory infections including COVID-19 and protect those at highest risk – click here. General infection control practices and good hand hygiene can help to reduce transmission of all viruses. These include:

- **Get vaccinated**
- **Covering your nose and mouth when coughing or sneezing, using a tissue when possible.**
- **Disposing of dirty tissues promptly and carefully.**
- **Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people.**
- **Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.**
- **Let fresh air in if meeting others indoors**
- **Wear a face covering or a face mask**
- **If you have symptoms of a respiratory infection and have a high temperature and not feel well, stay at home and avoid contact with other people or you do not feel well enough to go to school, work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.**

Flu vaccination offers the best protection for those at high risk from seasonal flu. If your child normally has the seasonal flu vaccination and has not received it this year, then please contact your GP to arrange this as soon as possible. For more information on flu &vaccination, eligibility and how to book, please click here

Public Health England