St Margaret's at Hasbury Church of England Primary School

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Dear Parents,

We are currently seeing increased rates of norovirus circulating within our school and the West Midlands region in general.

What is Norovirus?

Norovirus is highly contagious. It's particularly prevalent in schools and nurseries as the virus can survive for several days on surfaces or objects. But it can affect people of all ages and cause vomiting and diarrhoea. There is no cure for Norovirus, so it has to be left to run its course. The symptoms are unpleasant and can initially be quite distressing, but they shouldn't last for more than a couple of days. Adults and children with Norovirus symptoms should avoid visiting GP surgeries or hospitals to prevent the further spread of the virus. Because the virus is highly contagious, children who have Norovirus symptoms must remain off school or nursery for 48 hours after the last episode of vomiting or diarrhoea to stop the spread of the infection to other children and staff.

Different types of Norovirus

Norovirus is the most common cause of stomach bugs in the UK, with at least 25 different strains known to affect humans. Each year, it's estimated between 600,000 and I million people in the UK catch Norovirus — because there are so many strains, we don't develop immunity to it.

The virus is sometimes called the "winter vomiting bug" as it's more common in winter. However, you can catch the virus at any time of the year.

How do you treat Norovirus?

To treat the symptoms of Norovirus, we recommend the following for children and young people:

- Ensure they drink plenty of water to avoid dehydration.
- Give them liquid paracetamol for any fever or aches and pains.
- If they feel like eating, give them easy to digest foods such as bananas or brown rice.
- Stay at home there is nothing the GP can prescribe for sickness and diarrhoea, although your local chemist may be able to provide rehydration solutions.

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• Contact your GP or NHS III to seek advice if the symptoms last longer than a few days, or visit nhs.uk/norovirus for more information.

For further information, visit $\underline{\text{nhs.uk/norovirus}}$ or contact NHS III.

Yours sincerely

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Mrs S Shepherd Headleacher

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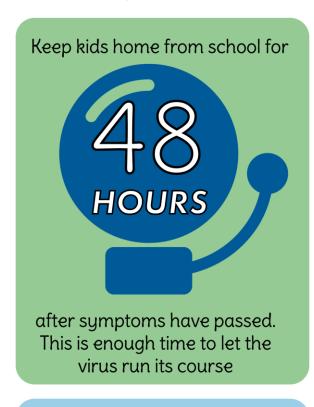






Diarrhoea and vomiting in children

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



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









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





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