

# St Margaret's at Hasbury Church of England Primary School

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Headteacher: Mrs S Shepherd



LIVING LIFE IN ALL ITS FULLNESS

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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 1 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.

[www.hasbury.dudley.sch.uk](http://www.hasbury.dudley.sch.uk)



- Contact your GP or NHS 111 to seek advice if the symptoms last longer than a few days, or visit [nhs.uk/norovirus](https://www.nhs.uk/norovirus) for more information.

For further information, visit [nhs.uk/norovirus](https://www.nhs.uk/norovirus) or contact NHS 111.

Yours sincerely



Mrs S Shepherd  
Headteacher

[www.hasbury.dudley.sch.uk](http://www.hasbury.dudley.sch.uk)



# 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