



## Knowsley Council

November 2016

Dear Parent / Carer

We are approaching the time of year when we are likely to see an increase in children being absent from Knowsley Schools due to vomiting, diarrhoea, coughs, colds and flu like symptoms. At Bluebell Park we have many vulnerable children and the consequences of them picking up these symptoms could potentially be more serious, so we are writing to parents and carers to advise them of the following:-

- **Protect your child against flu.** All children attending Bluebell Park will be offered the nasal spray at the end of November in school; alternatively you may wish to contact your GP.
- If your child is unwell, keep them off school until they have recovered or as advised by your doctor.
- If your child has diarrhoea / vomiting, they shouldn't return to school until 48 hours after the diarrhoea and vomiting has stopped to make sure they aren't infectious to other children.
- If your child becomes ill while at school, we may ask you to take your child home and request that you collect your child as promptly as possible. Please ensure that the school always has your most up to date contact details.
- Please ensure you provide the school with details of the nature of your child's illness when calling in to report a sickness-related absence.
- Wherever possible, encourage your child to use tissues when sneezing or coughing, wiping and blowing noses, or assist them to do this. Dispose of dirty tissues promptly and carefully to reduce the spread of germs. Remember three simple actions, '**Catch it, Bin it, Kill it**'. Hands should be cleaned afterwards.
- Wherever possible, children should always wash their hands thoroughly with soap and water after using the toilet, before eating food and periodically during the day or be assisted to do so. Young children should be supervised when washing hands.
- Call your GP or NHS 111 if you're concerned about your child's health or need any advice particularly if your child has an underlying condition which affects their immune system.

For more information, visit the NHS Choices website at:-

<http://www.nhs.uk/conditions/pages/hub.aspx>

Many thanks.

Yours faithfully

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