

6<sup>th</sup> January 2023

Dear Parents/Carers

### **Back to School Advice**

As pupils return to schools following the Christmas break, the United Kingdom Health Security Agency (UKHSA) is reminding people that illnesses such as Flu and Covid continue to circulate and likely to increase as well as cases of Scarlet Fever have been reported nationally.

There are a few simple steps that you can take to minimise the spread of illness:

- If your child is unwell and has a fever, they should stay home from school until they feel better and the fever has resolved.
- Practice regular handwashing with soap and warm water. Catching coughs and sneezes in tissues, then binning them is a simple way to help stop illness from spreading.
- If they (your child) have tested positive for Covid, they must not attend school for at least 3 days.
- If they are ill with Covid/flu, do not visit healthcare settings or visit vulnerable people, unless urgent.
- For more information go to getting your child vaccinated against flu on NHS.UK.

Our schools will remain vigilant and continue to maintain high levels of good hygiene practice including regular sanitisation of frequently touched surfaces such as door handles, balustrades and other shared resources, ensure a provision of hand soap, sanitiser dispensing facilities and encourage good personal hygiene and handwashing.

### **Covid/Flu**

As a reminder, the symptoms of Covid are very similar to other illnesses such as cold and flu, if they are experiencing symptoms of Covid, which may include; a new continuous cough, a high temperature or generally feeling unwell, try to stay at home and avoid contact with others. Test kits are available from all good retailers, pharmacies and online. For those eligible for free testing, further information can be found on the NHS website Who can get a free NHS coronavirus (COVID-19) rapid lateral flow test - NHS ([www.nhs.uk](http://www.nhs.uk))

Further advice and the symptoms of Covid can also be found on the NHS website:  
Coronavirus (COVID-19) symptoms in adults - NHS ([www.nhs.uk](http://www.nhs.uk))

### **Recognising the Symptoms of Scarlet Fever**

Scarlet Fever is a common childhood infection, however, on very rare occasions it can cause severe illness. The symptoms of Scarlet Fever can be non-specific in early illness and may include sore throat, headache, fever, nausea and vomiting.

Within 48 hours, a characteristic pinkish-red, generalised pinhead rash develops, typically first appearing on the chest and stomach, rapidly spreading to other parts of the body, giving the skin a sandpaper-like texture (typically flushed cheeks and pallor around the mouth, this may be accompanied by a 'strawberry tongue').

If symptoms are present, parents are encouraged to take their child to see their GP for a clinical diagnosis and appropriate testing. Children and adults diagnosed with Scarlet Fever should not return to school until at least 24 hours after starting treatment with an appropriate antibiotic.

Yours faithfully



Mrs Homeira Zakary  
Principal