

Parents and staff at
Torphichen Primary School

Date 5th December 2019
Our Ref HPT/AP/fs
Direct Line 0131 465 5420/5422
Email Health.protection@nhslothian.scot.nhs.uk

Dear Parents and Staff

We have informed by Torphichen Primary school that they have higher than normal levels of pupil sickness today. We are working together with the school to monitor the situation.

There is a mixture of gastro-intestinal (diarrhoea and vomiting) and flu-like illnesses circulating in Lothian at this time. Symptoms of these illnesses include:

- fevers and chills
- an aching body
- feeling tired or exhausted, children will be less active
- a dry cough
- a sore throat
- pain in the ears
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- nausea and being sick

If your child is affected with any of these symptoms, we would like to remind you that they should remain off school until they have been **symptom free for at least 48 hours**. This advice applies at all times. So for instance **if your child becomes unwell over the weekend they should not attend school on Monday** even if by then they feel well.

Ensure all members of the family use a disposable, single use tissue to cover mouth and nose when coughing, sneezing, wiping or blowing noses. Tissues should be disposed of promptly and hands washed.

Ensure that all members of your family wash their hands frequently using warm water and liquid soap, especially after sneezing or coughing into their hands, going to the toilet and before eating or preparing food.

If you are at all concerned about your child, seek advice from your GP or call **NHS24 on 111**.

Please alert the school if your child requires hospital admission or has undergone testing of any samples.

For further information please see the links below

<https://www.nhs.uk/conditions/flu/>

<https://www.nhs.uk/conditions/norovirus/>

Yours sincerely



Lindsey Murphy
Health Protection Nurse Manager
NHS Lothian

School signature