



Merley First School

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Dear Parents/carers

We work closely with BCP local authority and Public Health Dorset. The following information has been provided for schools to share with parents and carers:

There are several viruses including Covid which are circulating in our community and there are [things we can all do to reduce the spread of the virus and other respiratory infections](#). This includes keeping children off school when they are unwell. If your child has symptoms that concern you, call 111 and look at getting an online appointment or support from pharmacies with medication to reduce symptoms.

If your child is unwell with symptoms of a respiratory virus, they should:

- Stay at home and avoid contact with others where possible
- Return to school and normal activities when they no longer have a temperature and feel well enough to attend

If a child has a positive COVID-19 or has confirmation of another infection illness, they should:

- Stay at home and avoid contact with others for 3 days after they took the test or confirmation of illness or as recommended by their GP
- Return to school and normal activities after 3 days if they no longer have a temperature and feel well enough to do so

[Full guidance for people with symptoms of a respiratory virus](#) is available on gov.uk

In addition the NHS website has some very good advice about symptoms of Strep' A and some on Scarlet Fever. The symptoms are best looked at on the NHS website for accuracy [UKHSA update on scarlet fever and invasive Group A strep - GOV.UK \(www.gov.uk\)](#)

There are very few cases but it is infectious and you should not send your child to school if they have symptoms. Like with Covid you should encourage hand cleaning regularly and we are doing that too.

If your child has these symptoms;

As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement. Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other [signs of dehydration](#)
- your baby is under 3 months and has a temperature of 38°C, or is older than 3 months and has a temperature of 39°C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's [skin, tongue or lips are blue](#)
- your child is floppy and will not wake up or stay awake

Many thanks



Katharine Anstey
Headteacher