

Thursday 5<sup>th</sup> January 2023



Eastbrook School

Dear Parents/carers

I hope that you and your family had a safe and restful winter break. We are all excited about the start of what I know will be a busy and productive term.

I'm sure that I speak for the whole Eastbrook Community when I say that our health and safety is our highest priority. Therefore, I'm writing to share with you the latest guidance from the UK Health and Security Agency (UKHSA), who advise that following simple steps can help protect children, minimise the spread of illness in education and childcare settings and protect wider communities.

Flu and coronavirus (COVID-19) are currently circulating at high levels and are likely to continue to increase in coming weeks. High numbers of scarlet fever, which is caused by group A streptococcus, also continue to be reported.

Professor Susan Hopkins, Chief Medical Adviser at the UK Health Security Agency (UKHSA), said:

- It's important to minimise the spread of infection in schools and other education and childcare settings as much as possible. **If your child is unwell and has a fever, they should stay home from school or nursery until they feel better and the fever has gone.**
- Helping children to learn about the importance of good hand hygiene is also key, so practice regular handwashing at home with soap and warm water. Catching coughs and sneezes in tissues then binning them is another simple way to help stop illness from spreading.
- Adults should also try to stay home when unwell and if **you do have to go out, wear a face covering**. When unwell don't visit healthcare settings or visit vulnerable people unless urgent.
- Remember that flu vaccination is still available for all eligible groups and is the best protection against the virus. There has been a good uptake in older age groups but vaccination among young children remains low. Flu can be very unpleasant and, in some cases, can lead to more serious illness. Getting your child vaccinated protects them and others they meet.

Eligible children include:

- those aged 2 and 3 on 31 August 2022
- all primary school-aged children
- some secondary school-aged children

You can get more information [getting your child vaccinated against flu](#) on NHS.UK.

All of this is advisory, but it's important that you have all the information you need to make informed decisions about the health and welfare of your child.

Many thanks in advance for your support.

Best wishes

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