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Dear Parents and Carers,

Norovirus – Information and Guidance

We currently have a number of children and staff absent with norovirus, sometimes called “winter vomiting bug”, which causes sickness and diarrhoea. Other symptoms may include a headache, high temperature and aching arms and legs.

We are promoting good hand hygiene in school – washing hands regularly with soap and water. Alcohol-based hand sanitiser is **not** effective against norovirus.

If your child has sickness and/or diarrhoea, **it is important that they do not return to school until 48 hours after the final episode of sickness and/or diarrhoea.** This is because it is still possible to pass it on once symptoms have stopped.

From the NHS website:

Get advice from 111 now if:

- you're worried about a baby under 12 months
- your child stops breast or bottle feeding while they're ill
- a child under 5 years has signs of [dehydration](#) – such as fewer wet nappies
- you or your child (over 5 years) still have signs of dehydration after using oral rehydration sachets
- you or your child keep being sick and cannot keep fluid down
- you or your child have bloody diarrhoea or bleeding from the bottom
- you or your child have diarrhoea for more than 7 days or vomiting for more than 2 days

111 will tell you what to do. They can arrange a phone call from a nurse or doctor if you need one.

Call 999 or go to A&E if you or your child:

- vomit blood or have vomit that looks like ground coffee
- have green vomit (adults)
- have yellow-green or green vomit (children)
- might have swallowed something poisonous
- have a stiff neck and pain when looking at bright lights
- have a sudden, severe headache or stomach ache

Yours sincerely

C Shaw
Deputy Headteacher

