



Rigby Lane, Bromsgrove, Worcestershire B60 2EP  
Tel: 01527 875475 Fax: 01527 870211  
Headteacher: Mrs T Smith  
www.rigbyhallschool.com  
Email – office@rigbyhall.worcs.sch.uk

## **ARE YOUR MEDICAL AND EMERGENCY DETAILS UP TO DATE?**

4<sup>th</sup> March 2020

Dear Parents / Carers

### **Diarrhoea and Vomiting Bugs**

Can I please remind all parents and carers that if your child unfortunately has vomiting / diarrhoea, that they must be **kept off school for 48 hours (2 days) after their last episode. If you send your child back before the 48 hours, you WILL be asked to collect them.**

**Whilst we appreciate that this is not ideal for working parents, we must adhere fully to the guidelines to help combat the spread.**

We are doing our utmost to keep the school thoroughly clean and open to pupils and need your help with battling the spread of this unpleasant virus.

Advice from the NHS website:

### **Diarrhoea and vomiting**

#### **How to treat diarrhoea and vomiting yourself**

You can usually treat yourself or your child at home. The most important thing is to have lots of fluids to avoid dehydration.

#### **Do**

- stay at home and get plenty of rest
- drink lots of fluids, such as water or squash – take small sips if you feel sick
- carry on breast or bottle feeding your baby – if they're being sick, try giving small feeds more often than usual
- give babies on formula or solid foods small sips of water between feeds
- eat when you feel able to – you don't need to eat or avoid any specific foods
- take [paracetamol](#) if you're in discomfort – check the leaflet before giving it to your child

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**“Valuing every achievement”**

## **Don't**

- do not have fruit juice or fizzy drinks – they can make diarrhoea worse
- do not make baby formula weaker – use it at its usual strength
- do not give children under 12 medicine to stop diarrhoea
- do not give aspirin to children under 16

## **How long diarrhoea and vomiting last**

In adults and children:

- diarrhoea usually stops within 5 to 7 days
- vomiting usually stops in 1 or 2 days

## **Diarrhoea and vomiting can spread easily**

### **Important**

Stay off school or work until you have not been sick or had diarrhoea for at least 2 days.  
To help avoid spreading an infection:

### **Do**

- [wash your hands](#) with soap and water frequently
- wash any clothing or bedding that has poo or vomit on it separately on a hot wash
- clean toilet seats, flush handles, taps, surfaces and door handles every day

### **Don't**

- do not prepare food for other people, if possible
- do not share towels, flannels, cutlery or utensils
- do not use a swimming pool until 2 weeks after the symptoms stop

### **A pharmacist can help if:**

- you or your child (over 5 years) have signs of [dehydration](#) – such as dark, smelly pee or peeing less than usual
- you need to stop diarrhoea for a few hours

They may recommend:

- oral rehydration sachets you mix with water to make a drink
- medicine to stop diarrhoea for a few hours (like [loperamide](#)) – not suitable for children under 12

Thank you for your ongoing support.

Yours sincerely



Headteacher