Winter viruses are coming back...

Including stomach viruses and respiratory viruses such as Flu and RSV



Stay off School or Childcare

If your child:

- Feels too unwell to attend.
- Has a high temperature/fever (above 38°C).
- Has vomiting or diarrhoea.
- Feels unwell and has a rash.

Speak to your GP if you are worried about your child's health.
Your local pharmacist can advise on minor ailments.

Ready to go back

If your child:

- Followed advice of a healthcare professional, if given.
- No longer has a high temperature/fever.
- Is 48 hours clear of vomiting and/or diarrhoea.

No need to stay home

If your child:

- Just has sniffles and mild symptoms (e.g. mild earache, tummy ache, headache, common cold).
- Does not have a high temperature/fever or rash.
- Feels well enough to attend.

IMPORTANT INFORMATION

- Let the School/Nursery know why your child is off.
- Protect others - **'Catch it, Bin it, Kill it!'**
- Encourage children to catch their coughs, and throw away used tissues.
- Encourage children to wash their hands regularly.
- If unwell, avoid contact with vulnerable people e.g.young babies, the elderly, and people who are immunocompromised.
- **'Call ahead, Stop the Spread'** - ring your GP or Out of Hours Service before attending if your child has a rash and temperature - let them know about the rash.
- Having a flu vaccine will help protect your child from flu.

GIG CYMRU NHS WALES
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