**‘Warn and Inform’ Letter template: For school to send to the parents / carers in the event of increasing COVID-19 and sickness cases in the setting**

Dear Parent / Carer

I am writing to let you know that we are currently seeing an increase in individuals in our setting testing positive for COVID-19. We are also seeing an increase in people experience sickness bugs (vomiting and diarrhoea).

For most people, COVID-19 and sickness bugs are mild illnesses, however the symptoms can still result in children being absent from school. For a small number of people, COVID-19 can cause more serious illness or symptoms that last a long time. Therefore, it is still important to follow the public health advice to help stop the spread of viral infections.

**If your child is unwell and has a high temperature**

Your child should stay at home and rest until their temperature returns to normal and they feel well enough to come back to school.

Not sure if someone has a high temperature? NHS advice: [Fever in children](https://www.nhs.uk/conditions/fever-in-children/)

**If your child has tested positive for COVID-19**

Children and young people aged 0-18:

Should stay at home for 3 days after testing positive for COVID-19 (with the day of the test being counted as day ‘0’). They can return to the setting on **day 4** after testing positive for COVID-19 as long as they do not have a high temperature and feel well enough to do so.

For adults aged 19+, the recommended stay at home period is 5 days.

**If your children has symptoms of a sickness bug (vomiting and / or diarrhoea)**

Your child should stay at home whilst they are unwell and for a full 48 hours after their symptoms have settled.

They can come back to school once they have been free of symptoms for 48 hours.

**General Advice**

We can help to keep ourselves and others well by:

* Washing our hands regularly for 20 seconds using soap and warm water (especially after using the toilet, before preparing food & eating and after changing nappies). Alcohol hand sanitisers do NOT kill some bugs that cause sickness bugs.
* Using tissues for coughs, sneezes and runny noses.
* Keeping indoor spaces ventilated. Don’t let rooms get hot and stuffy.
* Cleaning any areas affected by vomit or diarrhoea with a bleach-based household cleaning product. Washing clothes and bedding that has been in contact with vomit or diarrhoea on a hot wash (60°C).
* Getting any [vaccines](https://www.nhs.uk/conditions/vaccinations) you are eligible for.

**Other information**

* Is my child too ill for school?: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>
* Please contact 111 or your GP if you are concerned about any illness symptoms in your child.

Thank you for your support.

Yours sincerely

Xxxxxxxx