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## HERNE BAY JUNIOR SCHOOL HEALTH NEWSLETTER – MARCH 24

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Welcome to our new Health Newsletter. This will be issued periodically during the school year with information you may find helpful. This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.

### COMMON VIRUSES IN SCHOOLS CURRENTLY

Slapped Cheek – slapped cheek disease is a viral infection which mainly affects primary school aged children. Symptoms are similar to the common cold (fever, tiredness, aching muscles, headache, sore throat, runny nose, coughing and sneezing). **You don't need to keep your child off school if they have slapped cheek because, once the rash appears, they are no longer infectious.**

High temperature – if your child has a high temperature, keep them off school until it goes away

Conjunctivitis – You don't need to keep your child away from school if they have conjunctivitis. Get advice from your pharmacist. Encourage your child not to rub their eyes and wash their hands regularly.

Sore throat – You can still send your child to school if they have a sore throat. If they have a high temperature please do not send them in.

Vomiting and diarrhoea – Children with either symptom should stay away from school until they have not shown any symptoms for 2 days (48 hours).

Coughs and colds – It is fine to send your child in school with a minor cough or common cold. They only need to remain at home if they have a fever.

**WE ARE HAPPY TO ADMINISTER CALPOL/ANTIBIOTICS IN SCHOOL SHOULD YOU CHILD REQUIRE THEM**

### MEASLES & MMR VACCINE

Millions of parents in England are being urged to book their children in for their measles, mumps and rubella vaccine as part of a major new NHS drive to protect children becoming unwell as cases continue to rise across the country.

Below is a link for information regarding vaccinations

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Speak to your 111/GP surgery for further information.

