



February 2022

Winter Health Newsletter

Dear Parents & Carers,

There have been a few cases of chicken pox and hand, foot and mouth this term. We have put preventative measures in place. Please can you help your family to be prepared against illnesses.

If your child has been diagnosed with chickenpox, hand foot and mouth, impetigo, measles, thrush, ringworm, scabies, slapped cheek, scarlet fever, warts/verruca or has sickness/diarrhoea please call us on 0121 464 0003 for advice and guidance.

Parents/carers are reminded to keep their child off school for 48 hrs if s/he has diarrhoea and/or vomiting.

Covid update

Thank you to everyone who has supported our efforts to reduced Covid transmission in the last couple of weeks. We are pleased to inform you we have seen a drop in the number of positive cases being reported across the nursery school.

Masks will no longer be mandatory when accessing outdoor areas to drop and collect children. However, we request if you are coming into the main nursery office or day care foyer you continue to wear a mask to keep everyone safe.

We ask all parents/careers to continue to follow the current guidelines.

Guidance for adults and children—Self-isolate straight away and get a [PCR test \(a test that is sent to the lab\) on GOV.UK](#) as soon as possible if you have any of these 3 symptoms of COVID-19, even if they are mild:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

If you need any help/support during isolation period or during the half term holidays please contact:

Livingwell Foodbank - Drop in weekdays 2pm to 3.30 — Wednesdays Fresh Fruit and Veg
EDGBASTON COMMUNITY CENTRE, 40 Woodview Drive, Birmingham, B15 2HU
Tel: 0121 464 9665 Email: info@edgbastoncommunitycentre.com

Birmingham Central Food Bank - 121 Camden St, Birmingham B1 3DJ [0121 236 2997](tel:01212362997)
birminghamcentral.foodbank.org.uk

Children's Advice and Information Service - 0121 3031888.

Stop norovirus spreading this winter

Norovirus, sometimes known as the 'winter vomiting bug', is the most common stomach bug in the UK, affecting people of all ages. It is highly contagious and is transmitted by contact with contaminated surfaces, an infected person, or consumption of contaminated food or water.



The symptoms of norovirus are very distinctive – people often report a sudden onset of nausea followed by projectile vomiting and watery diarrhoea.

Good hand hygiene is important to stop the spread of the virus. People are advised to:

- Wash their hands thoroughly using soap and water and drying them after using the toilet, before preparing food and eating
- Not rely on alcohol gels as these do not kill the virus

An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated –especially children and the elderly.

Do not visit either A&E or GPs with symptoms as this may spread the virus.

Further information and advice is available from NHS 111, including an online symptom checker at nhs.uk.

Wet
Soap
Wash
Rinse
Dry

Stop germs spreading.
The power is in your hands.

Cold Weather

With the cold months please make sure children are wrapped up warm with hats, gloves and scarves.

These will need to be labelled with their name.

Listen to local radio and view our websites for any Nursery closures/updates.



5 reasons to vaccinate your child against flu

1. Protect your child.

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your friends and family.

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed.

The nasal spray is painless and easy to have.

4. It's better than flu.

The nasal spray protects against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs.

If your child gets flu, you may have to take time off work or arrange alternative childcare

What should I do?

Children aged two and three years old are offered this vaccination in general practice. Your child's GP surgery should contact you. If you haven't heard from their GP please make contact with them.

Meningitis and septicaemia Know the symptoms

Red symptoms are more specific to meningitis and septicaemia and less common in milder illnesses. Not everyone gets all these symptoms.

MENINGITIS	SEPTICAEMIA
Fever and/or vomiting	Fever and/or vomiting
Severe headache	Limb/joint/muscle pain
Rash (not all cases)	Cold hands and feet/shivering
Stiff neck*	Pale or mottled skin
Dislike of bright lights*	Breathing fast/ breathless
Very sleepy/vacant/ difficult to wake	Rash (not all cases)
Confused/delirious	Very sleepy/vacant/ difficult to wake
Seizures (fits)	Confused/delirious

*Less common in babies and toddlers