



UK Health
Security
Agency

ADVICE ON MANAGING SICKNESS AND DIARRHOEA IN YOUR SETTING – Letter for parents.

Dear Parent/Guardian,

We are writing to let you know that a number of children and staff at the school setting have been experiencing diarrhoea and vomiting over the last few days. The illness is generally a self-limiting illness probably caused by a virus. The most usual symptom is vomiting. Some people may also have diarrhoea and/or abdominal pain.

Symptoms rarely last for more than 24 – 48 hours. The incubation period (time it takes for the illness to develop) is between 12 and 48 hours.

If your child is affected, **please keep them away from the setting**. They should not return until 48 hours after the diarrhoea and vomiting have stopped.

The virus is easily spread from person to person. Good hygiene by everyone in the family reduces the risk. This means washing hands with soap and warm water after going to the toilet, and before preparing or eating food as a minimum. (Please note that alcohol-based hand gels are NOT effective against norovirus)

It is important to clear up carefully when someone has been sick as vomit is very infectious. Clean spills of vomit or faeces immediately, by thorough washing of the contaminated environment with detergent and hot water. For hard surfaces, (floor, work tops etc. an additional disinfection with a dilute solution of Milton or household bleach (according to manufacturer's instructions) will reduce the contamination. DO NOT MIX these substances with soap and water. Be sure that each family member uses separate towels and flannels which are changed and washed frequently.

Staying off work/school until fully recovered for 48 hours and hand washing are the most important elements of reducing the risk of infection.

We are ensuring the setting is thoroughly cleaned to reduce any further risk.

If you need any further advice you can telephone NHS 111.

For more information on symptoms and management of viral gastro-enteritis please see <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

For further advice on whether to keep your child off school please visit [Is my child too ill for school? - NHS](#)

Yours faithfully

South West Health Protection team
UK Health Security Agency