



People Directorate

Public Health Department

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Dear Parent

There are many viruses circulating across Salford which are currently putting the NHS under immense pressure. This letter is to provide you with some help and advice to keep well over the winter months.

Condition	Symptoms	Treatment	Exclusion from setting	Comments
Gastroenteritis	Diarrhoea and / or vomiting	Encourage fluids to prevent dehydration Seek medical attention if not improving.	Children should not return to the setting until they have been symptom free for 48 hours	
Scarlet Fever	Fever, sore throat	Antibiotics (medical review required)	Children can return to the setting 24 hrs after starting antibiotic treatment.	
Hand, Foot & Mouth	Rash across palms of hands, soles of feet and inside of mouth. Tiredness, Fever	No treatment required but may need medical review to determine diagnosis	There is no requirement for children to stay off school unless the child is generally unwell	
Influenza	Fever, chills, headache, muscle aches, cough, sore throat, runny nose	Fluids, paracetamol if able to take to reduce fever. Seek medical attention if not improving.	It is recommended that your child stay away from school until they are well enough and no longer have a fever.	Please consider having the nasal flu vaccine for children. Check www.nhs.uk for further information
COVID-19	Fever, chills, new continuous cough, loss or change in sense of smell or taste. Shortness of	Fluids, paracetamol if able to take to reduce fever.	Your child should try to stay at home and avoid contact with other people if they have symptoms of	Please consider using Lateral Flow Tests if you have access to these.

Condition	Symptoms	Treatment	Exclusion from setting	Comments
	breath, general tiredness, muscle aches, headache, sore throat, blocked or runny nose, loss of appetite, diarrhoea, nausea or vomiting	Seek medical attention if not improving.	COVID-19 and they either have a high temperature, do not feel well enough to go to school, college or childcare, or do their normal activities.	Please consider having the COVID vaccine if eligible for it. Check www.nhs.uk for further information

There are a number of actions you as a family can take to prevent getting an infection during these winter months. These include:

- Vaccination for influenza (flu) or COVID-19
- Ensure your child's childhood immunisations are all up to date
- Regularly washing your hands with soap and water or using alcohol hand gel if hands are visibly clean
- Using tissues to catch sneezes or mucus from runny noses, disposing of the tissues and then washing your hands
- Visit <https://ukhsa.blog.gov.uk/2022/10/25/5-ways-to-protect-your-under-5s-this-winter/> for further information on the 5 ways to protect your family during winter.

Who to contact

There are many trained healthcare professionals that can support you, if you need help now but it is not an emergency you could contact;

- **Pharmacists**, these are qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains. If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example they will tell you if you need to see a GP, nurse or other healthcare professional.
- **NHS 111**, those who require advice or treatment for urgent, but not life-threatening, medical issues should continue to seek NHS support via the [NHS 111 online](https://111.nhs.uk) or by calling 111 or your GP. 111 services can arrange the right care in the right place depending on an individual's needs, including booking appointments in A&E, other urgent care services and community pharmacies, or arranging an ambulance if this is needed.

If you feel you or child have an emergency and/or life-threatening medical issue please dial 999 or attend your nearest A&E department.

Kind regards



Beverley Wasp

Head of Health Protection Salford.