



Winter Infections in Children An information leaflet for parents

This leaflet gives advice on illnesses that are currently affecting nursery and primary school children across the West Midlands

What are the symptoms?

There are two groups of symptoms

- Diarrhoea & vomiting usually lasting 1 - 2 days
- Fever, tiredness and nausea (feeling sick) sore throat, sometimes with a cough lasting 3 - 4 days

What should you do if your child is unwell?

- Keep your child at home until they are well

If your child has diarrhoea and/or vomiting they should not attend school/nursery until they have been free of symptoms for 48 hours

- Ensure they drink plenty of fluids, taking sips rather than gulps to avoid vomiting
- If they have a fever, give infant paracetamol and/or ibuprofen according to manufacturer's instructions
- If your child is unusually sleepy, is unable to take fluids or has other symptoms such as an unusual rash, headache or neck stiffness seek medical advice immediately.

Infection Control Advice

Hand washing is one of the most important ways to prevent the spread of both of these infections. This applies to the child who is ill and the person caring for them. Hands should be washed using soap and rinsed under running water:

- Before and after caring for child
- After using the toilet
- Before eating, preparing or handling food
- After cleaning up spills (vomit, diarrhoea or urine)
- Keep a separate towel for each family member who has symptoms. These should be changed regularly
- Dry your hands thoroughly

Other control measures include

- Dispose of used tissues immediately after use
- Wash soiled clothing , bed linen and towels in a washing machine, using the hottest wash for the fabric
- Ensure toilet areas, baths, and washbasins are kept clean using a solution of hot soapy water
- After initial cleaning, areas may also be disinfected using a 1 in 10 bleach solution. *(If using bleach remember that it can remove the colour from fabrics and can burn the skin)*

Further information can be obtained from:

West Midlands Public Health England team
2nd Floor, Kidderminster Library, Market Street, Kidderminster, DY10 1AB