



THE LONDON BOROUGH

Winter Health Update for Schools

November 2023

Agenda:

- Winter health issues in children
- Winter health leaflet
- Managing illness and outbreaks in school
- Infection prevention
- Vaccinations
- Bromley Education Matters Infection Prevention webpage

Why are infections more common in winter?

- Viruses are more common in winter because people are in closer contact with each other due to staying indoors
- Viruses stay in the air and on surfaces longer in cold / dry environments
- Less ventilation and air circulation as windows/doors are closed



Winter health leaflet

- Winter tips
- Which services to use
- Vaccinations
- Managing common ailments
- When to keep child home from school

[NHS-SEL-One-Bromley-Keep-Your-Child-Well-This-Winter-A5-booklet](https://www.selondonics.org/OneBromley-Keep-Your-Child-Well-This-Winter-A5-booklet)



Common winter ailments in children:

- Respiratory infections
 - Flu, COVID-19, coughs and colds, bronchiolitis, asthma exacerbation
- Scarlet fever / Group A Strep.
- Diarrhoea and vomiting

Group A Strep/Scarlet Fever

Sore throats are very common and are often associated with a high temperature. Most sore throats are caused by viral infections, but a small proportion of them are caused by streptococcal infection. Scarlet fever is a type of Group A Strep infection that causes a sandpaper-like raised bumpy rash usually with a sore throat. There are specific signs that suggest streptococcal infection including pus on the tonsils. If you are worried, contact your GP practice to help determine if their sore throat is likely to be bacterial.

What you can do at home

- Plenty of rest whilst they fight off the infection.
- For pain use over the counter medicines such as liquid paracetamol and ibuprofen.
- Encourage fluids.
- Prevent spreading the infection:
 - by teaching your child to cover their mouth and nose when they sneeze/cough
 - avoid sharing food, drinks, towels and family utensils
 - remind everyone in the family to wash hands well and often.

When to seek help

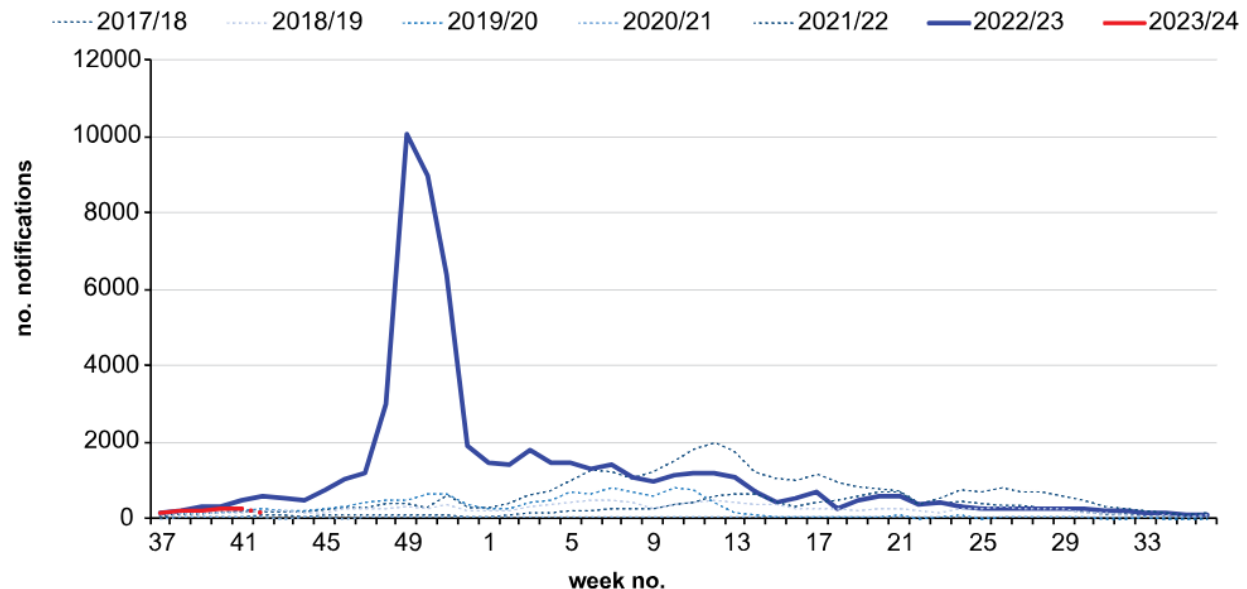
- Contact your GP practice or NHS 111 out of hours if your child:
 - has a sore throat for more than 4 days, has a high temperature and is generally unwell
 - has developed a sandpaper rash – your GP or NHS 111 may consider antibiotics.

Call 999 or go to the Emergency Department if your child:

- has difficulty swallowing, eating or drinking
- starts drooling, cannot talk, or their voice becomes muffled
- can't drink or shows signs of being dried out (dehydration), for example, they have a dry mouth, sunken eyes, make less urine and/or their urine is very dark
- is hard to wake up (lethargic), acts confused or does not know what they're doing.

Group A Strep / Scarlet fever

- Scarlet fever levels have returned to normal seasonal activity from February 2023 and have continued into the current season (2023-2024)



Advice on when to stay home from School

STAYING HOME WHEN UNWELL



Knowing when your child should stay at home from school or nursery if they are unwell can help slow down the spread of winter viruses.

Children with a runny nose, sore throat, or slight cough who are otherwise well and do not have a high temperature can continue to go to school or nursery.

The following table provides guidance on common childhood conditions and how long to keep your child off school.

ILLNESS	RECOMMENDATIONS
Chicken pox and shingles	Keep off school for five days from the start of a rash and until all the spots have crusted over.
Cold sores	No need to be off school.
Conjunctivitis	No need to be off school.
Respiratory infections including coronavirus (COVID-19)	Keep your child off school if they have a high temperature and are unwell. Children are not routinely tested for COVID-19 unless advised to by a health professional. If they have symptoms or have tested positive, stay at home for at least 3 days, or until they no longer have a high temperature and are well enough to attend school.
Diarrhoea and vomiting	Keep off school until 48 hours after the last episode of diarrhoea or vomiting.
Flu	Return to school as soon as your child has recovered.

ILLNESS	RECOMMENDATIONS
Glandular fever	No need to be off school.
Hand, foot and mouth disease	It is not usually necessary to keep your child off school.
Head lice	No need to be off school.
Impetigo	Keep off school until lesions (spots) are crusted or healed or 48 hours after starting antibiotic treatment, whichever is shorter.
Measles	Keep off school for four days from the start of rash and until recovered.
Molluscum contagiosum	No need to be off school.
Mumps	Keep off school for five days from the start of swollen glands.
Ringworm	It is not usually necessary to keep off school.
Rubella (German measles)	Keep off school for four days from the start of rash.
Scabies	Return to school after the first treatment.
Scarlet Fever	Keep off school for 24 hours after starting antibiotic treatment.
Slapped cheek/ Fifth disease/ Parvovirus B19	No need to be off school once rash has developed.
Threadworms	No need to be off school.
Warts and verrucae	No need to be off school.
Whooping cough (pertussis)	Keep off school for two days after starting antibiotic treatment or 21 days from the start of a cough if no antibiotic treatment has been given.

Managing illness & outbreaks

- An outbreak is 2 or more linked cases of the same infection (can be child / staff member)
- When to report:
 - a higher than previously experienced and/or rapidly increasing number of absences due to the **same** infection
 - evidence of severe disease, for example if a child/staff member is admitted to hospital
 - more than one infection circulating in the same group of people, e.g. chicken pox and scarlet fever

Managing illness & outbreaks

Where to report:

UKHSA South London Health Protection Team

Email: SLHPT.OnCall@ukhsa.gov.uk

Bromley Health Protection Team

Email: healthprotectionteam@bromley.gov.uk

Tel: 02083134433 (Mon-Fri 09.00-17.00)

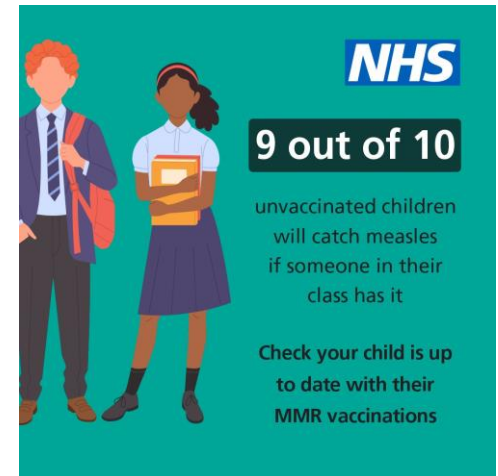
Infection Prevention measures

- Hand Hygiene
- Respiratory and Cough hygiene
- Cleaning
- Ventilation
- Isolation
 - [UKHSA Exclusion table](#)
- Vaccinations



Childhood Vaccinations

- MMR & Polio Catch up Campaign
- In July, UKHSA announced that the risk of large-scale outbreaks in London is high and cases could rise to between 40k and 160k due to low uptake of the MMR vaccine
- Over 32,000 children in London started primary school in the reception class (age 4-5 years old) without being fully protected against measles this September.



Flu Vaccine

- Children can catch and spread flu easily. Vaccinating them also protects others who are vulnerable to flu.
- Offered every year to all children from reception to year 11
- Option of nasal spray or injection (gelatine free)

****For children who have missed their flu vaccine in school:**

- Pop up Clinic on 9th of December in the One Bromley Health Hub in the Glades Shopping Centre – see poster
- Parents can contact their GP practice to book an appointment to have the vaccine before the 31st March

Bromley Education Matters Website

[Infection prevention and outbreak management | Bromley Education Matters](#)

- Important health updates
- Contact details for UKHSA and Bromley HPT
- Links to guidance and downloadable resources



INFECTION PREVENTION AND OUTBREAK MANAGEMENT

Important news and updates:

World AIDS Day – 1 December 2023

This World AIDS Day, it is so important that as many teachers as possible are talking about HIV and helping to combat stigma through education. Many young people growing up with HIV have reported negative experiences when being taught about HIV in UK schools, including times when they have heard inaccurate information about HIV; and they have been stigmatised when they have told others their diagnosis.

To help address these issues, the Children's HIV Association (Chiva) have developed some fantastic resources for schools and other education settings, see links below:

[Education Toolkit](#) - includes guidance and lesson plans and was developed with young people living with HIV. It gives teachers the tools to educate students on HIV in an engaging way and inspire them to become the generation that ends HIV stigma.

['Life Growing Up' film](#) – an award winning short film which provides insights into the lived experiences of young people growing up with HIV in the UK and can be used alongside the toolkit.

[HIV Guidance for Schools](#) – written in collaboration with the National Children's Bureau, is a guide for teachers and schools to help them ensure that any pupil who shares information about their HIV diagnosis will receive the appropriate support, whilst confidentiality is respected.

Links to key Government Guidance for Schools:

-  [Health protection in schools and other childcare facilities](#)
-  [Emergency planning and response for education settings](#)

Outbreaks

An outbreak of infection is defined as two or more linked cases of the same illness or an increase in illness above what would normally be expected. See links below on what to do in an outbreak situation:

-  [Managing outbreaks and incidents](#)

Navigation

-  [Infection prevention and outbreak management](#)

Contact details

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UKHSA South London Health Protection Team:

Email: slhpt.oncall@ukhsa.gov.uk
Phone: 0300 3030 450

Outbreak Action Card

-  [Outbreak Action Card - Sept 2023 \(DOCX , 2.47 KB\)](#)

Publisher

Infection prevention and outbreak management
Contact Provider 

Any Questions?





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THANK YOU

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02083134433 (Mon-Fri 09.00-17.00)