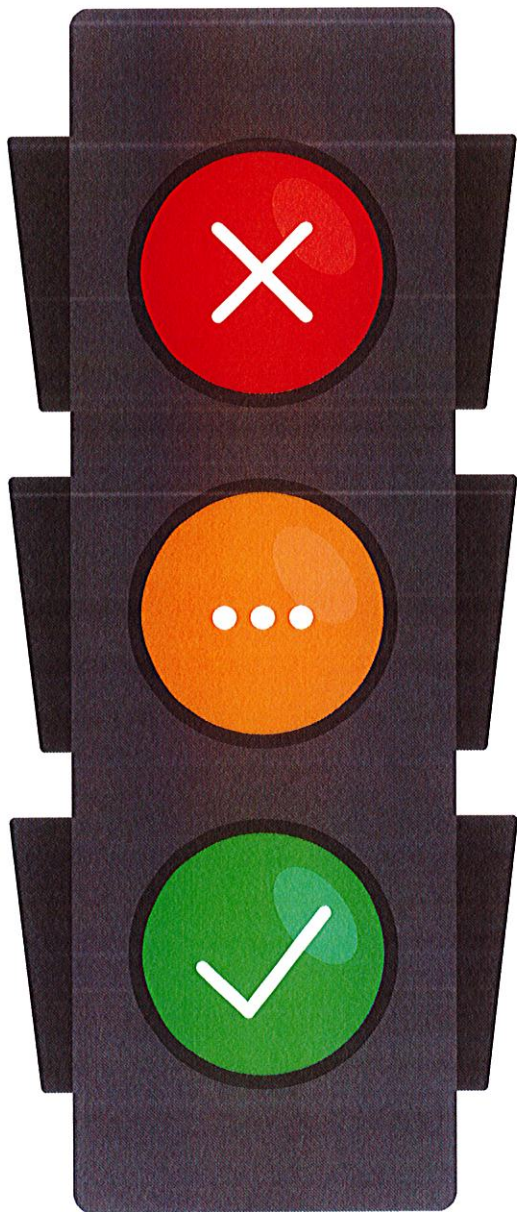


# Winter viruses are coming back...

Including stomach viruses and respiratory viruses such as Flu and RSV



## Stay off School or Childcare

### If your child:

- Feels too unwell to attend.
- Has a high temperature/fever (above 38°C).
- Has vomiting or diarrhoea.
- Feels unwell and has a rash.

**Speak to your GP if you are worried** about your child's health.

**Your local pharmacist can advise** on minor ailments.

## Ready to go back

### If your child:

- Followed advice of a healthcare professional, if given.
- No longer has a high temperature/fever.
- Is 48 hours clear of vomiting and/or diarrhoea.

## No need to stay home

### If your child:

- Just has sniffles and mild symptoms (e.g. mild earache, tummy ache, headache, common cold).
- Does not have a high temperature/fever or rash.
- Feels well enough to attend.

## IMPORTANT INFORMATION

- Let the School/Nursery know why your child is off.
- Protect others - **'Catch it, Bin it, Kill it!'**
- Encourage children to catch their coughs, and throw away used tissues.
- Encourage children to wash their hands regularly.
- If unwell, avoid contact with vulnerable people e.g. young babies, the elderly, and people who are immunocompromised.
- **'Call ahead, Stop the Spread'** - ring your GP or Out of Hours Service before attending if your child has a rash and temperature - let them know about the rash.
- Having a flu vaccine will help protect your child from flu.

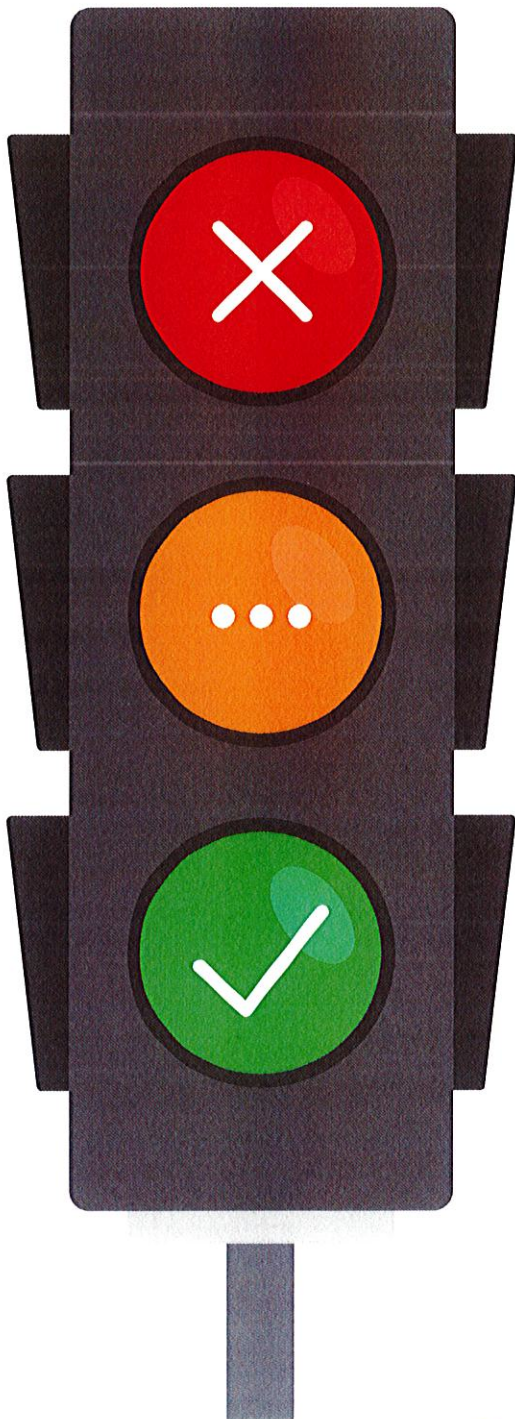


GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board

# Winter viruses are coming back...

Including stomach viruses and respiratory viruses such as Flu and RSV



## Send children/staff home

- If they feel too unwell to attend.
- If they have a high temperature/ fever (above 38°C).
- If they have vomiting or diarrhoea.
- If they feel unwell and have a rash.

Report notifiable diseases and make enquiries regarding infectious disease matters to:

**AWARe (All Wales Acute Response service)**  
0300 003 0032 or [aware@wales.nhs.uk](mailto:aware@wales.nhs.uk)

## Children/staff can return to school/childcare

### For notifiable diseases:

- In line with the exclusion guidance and as advised by a health professional.

### For mild illnesses:

- When they are fever free and feel well enough to attend.
- When they are 48 hours clear of vomiting and/or diarrhoea.

## No need to miss school/childcare

- If staff/ children just have sniffles and mild symptoms (e.g. mild earache, tummy ache, headache, common cold), don't have a fever/rash, and feel well enough to attend.
- As advised by a healthcare professional.