



# St. John's CE Primary School

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Head Teacher: Sarah Stone



14<sup>th</sup> March 2025

## PRIVATE AND CONFIDENTIAL

Dear parent/guardian/carers

I am writing to let you know that a number of children and staff at St. John's Primary School have had vomiting and/or diarrhoea symptoms over the last few days.

I have been advised by the UK Health Security Agency (UKHSA) West Midlands Health Protection Team that stomach bugs are very infectious, but they generally clear up without treatment. Although not confirmed, these kinds of symptoms are often caused by Norovirus, known as the 'winter sickness bug' – but which can occur throughout the year. Some people may also have symptoms of nausea, abdominal cramps, headache, muscle aches, chills, and fever. Symptoms usually last between one and three days. The incubation period (time it takes for the illness to develop) is between 12 and 48 hours.

**If your child has diarrhoea or vomiting symptoms, please keep them off school/nursery. They should not return until 48 hours after symptoms have stopped.**

Norovirus is easily spread from person to person. Good hand 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. People with symptoms should also avoid preparing food for others, to reduce risk of infection spreading.**

We are taking measures within our school/nursery to reduce risk of further infection, including carrying out a thorough clean of the building.

If you need any further advice, or if you are worried about your child, please contact NHS 111 online, your GP, or in an emergency, dial 999. If your child is unwell enough to need medical attention, please do provide a stool sample to help identify the bug causing the illness. You can share this letter with your healthcare provider, so they are aware of the current outbreak. For more information on symptoms and management of viral gastro-enteritis please see <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

Yours faithfully,

Sarah Stone  
Head Teacher

*"SHINE like the star you are."*

