



# MASON MOOR

## PRIMARY SCHOOL

6 December 2022

### Illnesses and School

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Dear Parents and Carers,

At this time of year pupils and staff are more susceptible to seasonal colds and illnesses. As always, we ask that you support us and your child in ensuring that they are well-rested (getting enough sleep), have warm winter clothing (hats, gloves, coats) and are regularly washing their hands to minimise the spread of germs.

In the news, it is reported that there has been an increase in Group A Strep (Streptococcus) infections in the general population. Sadly, some of these have resulted in more serious complications. Group A Streptococcus is responsible for illnesses such as: scarlet fever, tonsillitis, impetigo and more.

Group A Streptococcus (GAS) is a common bacteria. Lots of us carry it in our throats and on our skin and it doesn't always result in illness. However, more serious infections are caused by the bacteria getting into parts of the body where it is not normally found, such as the lungs and in the bloodstream.

#### What should parents look out for?

It's always concerning when a child is unwell. These infections cause various symptoms such as sore throat, fever, chills and muscle aches.

As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement.

#### Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

#### Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake



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### What are we doing at school?

Everybody at the school is practicing good hand hygiene – reintroducing more thorough hand-washing procedures as we were all familiar with during COVID.

Remember at home – to ensure that your child washes their hands, with soap, in warm water for 20 seconds. Remind your child to use a tissue to catch coughs and sneezes.

Our classroom and common-area cleaning protocol will be increased during this period.

Yours sincerely,

DJ Constable-Phelps .

Mr D Constable-Phelps  
Executive Headteacher

For further information:

<https://ukhsa.blog.gov.uk/2022/12/05/group-a-strep-what-you-need-to-know/>

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