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Respiratory Infections Including COVID and Flu

Dear Parents and Carers,

I am informing you out of courtesy that we have had a couple of confirmed cases of Flu in school with several other people experiencing similar symptoms. You do not have to do anything, and this letter is intended for information only. You should however be very vigilant for symptoms of any respiratory infection (including flu and COVID).

Useful information relating to respiratory infections is contained on the Welsh Government website <https://www.gov.wales/guidance-people-symptoms-respiratory-infection-including-covid-19>. Further useful information relating specifically to flu can be accessed via <https://www.nhs.uk/conditions/flu/>. We use this information to make our plans within school.

In summary:

Respiratory infections can spread easily between people. It is important to be aware of symptoms so you can take action to reduce the risk of spreading your infection to other people.

Symptoms can include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea
- feeling sick or being sick

The main symptoms of COVID-19 are:

- a high temperature (37.8°C or above)
- a new continuous cough
- loss or change of taste or smell

People who are unwell and have a high temperature should stay at home. They should avoid contact with other people where they can. They can go back to their setting when they are 48 hours clear of a high temperature and are well enough to attend.



If you feel you have COVID or the Flu:

- Try to stay at home and avoid contact with others. Do this until you no longer feel unwell, do not have a high temperature (if you had one) and are ready to return to your normal activities
- Work/learn from home if you can. If you cannot work/learn from home, talk to your employer about your options.
- If you've been asked to attend a medical or dental appointment in person, let them know about your positive test result.
- You should let everyone in your household know about your symptoms. This means they can be aware of signs or symptoms. You may wish to ask friends, family or neighbours to get food and other essentials for you.

If you have an infection, there are things you can do to help prevent it spreading to others in your household:

- Keep your distance from people.
- Ventilate rooms you are in by opening windows and leaving them open for at least 10 minutes after you have left the room.
- Wash your hands regularly and cover your mouth and nose when coughing or sneezing.
- Regularly clean often touched surfaces like door handles and remotes, and shared areas such as kitchens and bathrooms.
- Consider wearing a well fitted face mask.
- Tell anyone that does need to come into your home that you've tested positive or that you have symptoms of a respiratory infection. This is so they can protect themselves. They can do this by wearing a face mask, keeping their distance if they can, and washing their hands regularly.

Norovirus

Norovirus, also called the "winter vomiting bug", is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about 2 days. The symptoms start suddenly within 1 to 2 days of being infected. You will usually start to feel better in 2 to 3 days. More information can be found here <https://www.nhs.uk/conditions/norovirus/>

It is important to stay off school or work until you have not been sick or had diarrhoea for at least 2 days. This is when you're most infectious.

I trust the information in this letter is useful. Please don't hesitate to contact me if you would like to discuss this further.

With best wishes

Dave Jenkins



Executive Headteacher

Learning together in a changing world, creating success for all
Developing all pupils as ambitious, enterprising, ethical and healthy learners

