UK Health Security Agency

LETTER TO PARENTS – Advice for managing respiratory infections

Dear Parent/Guardian,

The school/nursery currently has an increased number of absences due to fever, cold and cough symptoms. We appreciate that you may find this concerning, therefore we are providing the following advice.

Please be reassured that for most people respiratory infections are mild illnesses. Children who are unwell are staying at home and will return to the setting once they are well enough to do so.

Outbreak measures are in place, which include increased cleaning of the setting, promotion of good hand and respiratory hygiene and keeping spaces well ventilated.

If your child is well

The school/nursery remains open. If your child is well, they can continue to attend as normal.

If your child develops respiratory symptoms

Respiratory symptoms are common amongst children and young people and can be caused by several infections (such as the common cold, Influenza, Covid-19 or RSV). Common symptoms include runny nose, sore throat, cough, and raised temperature. If your child has a temperature, or feels otherwise unwell, they should stay at home and avoid contact with others. They can return to school/nursery once they no longer have a temperature (without medication) and are well enough to do so.

If your child has mild respiratory symptoms, such as a runny nose, mild cough, or sore throat, but are otherwise well, they can continue to attend nursery/school as normal.

Please continue to encourage hand-washing and tissue hygiene to help reduce the spread of all infections. Further information is available Respiratory tract infections (RTIs) - NHS
For further advice on whether to keep your child off school please visit Is my child too ill for school? - NHS

Yours faithfully

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UK Health Security Agency
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