

Linlithgow Academy

Date 23 August 2018  
Our Ref HPT/HPZ7223  
Enquiries to Health Protection  
Extension 35420 / 35422  
Direct Line 0131 465 5420 / 5422  
Email: health.protection@nhslothian.scot.nhs.uk

Dear Parents/Guardian

### DIARRHOEA AND VOMITING AT LINLITHGOW ACADEMY

Some children at Linlithgow Academy are currently off ill with vomiting and/or diarrhoea and fever. The symptoms are suggestive of viral gastroenteritis (also known as norovirus or winter vomiting disease) which is known to be currently circulating in the community. It is usually a short lived self-limiting illness from which children recover quickly.

Linlithgow Academy and NHS Lothian Health Protection Team, are working together to monitor the situation. We are writing to you with the following advice:

- If your child is affected with vomiting and/or diarrhoea we would like to remind you that they should remain off school until they have been **symptom free for at least 48 hours**. This advice applies at all times. So for instance **if your child becomes unwell over the weekend they should not attend school on the Monday** even if by then they feel well.
- Ensure that all members of your family wash their hands frequently using warm water and soap, especially after using the toilet and before eating or preparing food.
- Should your child require medical attention for these symptoms, please inform the general practice by telephone in advance; they may recommend a telephone consultation or that you pick up a sample pot so that a specimen of diarrhoea or vomit may be obtained.

Thank you for your cooperation.

Yours sincerely



**Karen Jarvis**  
Headteacher



**Dr Janet Stevenson**  
Consultant in Public Health Medicine