

HEALTH UPDATE – FEBRUARY 2020

We are now officially heading towards Spring. The plants and flowers start to grow and illnesses and infections work their way through school. Currently, at West Lodge Primary and most common for this time of year;

Chicken pox – Has your child been “off colour or under the weather “for a few days, then wakes up with spots that look like tiny little blisters?

Chicken pox is an enforced absence of five days minimum or until the spots are all dry and crusted over. Affects everyone differently, some children only have a few spots others can be covered from head to toe.

Parvovirus, commonly known as “slapped cheek”, because it looks as if one or both cheeks have been slapped.

Most children have this without even realising – there is no exclusion because during the time the child is contagious they have no symptoms, the rash on the face comes out at the end. Occasionally, they may have a temperature in which case we would call and ask you to collect your child.

Recently, we have had a couple of cases of Scarlet Fever, quite hard to diagnose. As a precaution, Doctors prescribe a course of anti-biotics. Children need to be off school for twenty four hours (1 day) after starting antibiotics.

At any time of year schools experience “Tummy Bugs” and “Diarrhoea and Vomiting”. We enforce a 2 day (48 hour absence) as a form of infection control.

To prevent the spread of head lice around school, we are asking you to check your child’s hair at bath time at least once a week. If head lice are found, please treat with appropriate shampoos or try the natural way - every three days wash and condition hair and comb through with a “nit comb, hard work but involves no chemicals.

If your child is unwell, please do not give calpol or ibuprofen and then send into school, this just helps illnesses spread.

Lastly, do not try to diagnose their illness, seek professional advice from your local pharmacy, G.P. or Urgent Care Centre.