



2nd September 2026

Dear Parents/Carers,

Since returning to school, we have had a few cases of Norovirus in school. We have taken advice from Public Health and they have informed us that parents need to look out for the following symptoms:

- **Sudden vomiting** or projectile vomiting
- **Watery diarrhoea** (non-bloody)
- **Nausea** or feeling sick
- **Stomach cramps** and belly pain
- **Low-grade fever**, headaches, or aching limbs

Symptoms usually start 12 to 48 hours after exposure and last for 1 to 3 days.

Dehydration is the main risk for young children.

To stop the spread of Norovirus please:

- wash your hands with soap and water after going to the toilet or changing nappies (alcohol hand gels do not kill norovirus)
- wash your hands with soap and water before preparing, serving or eating food
- wash clothes and bedding that has poo or vomit on it on a 60°C wash and separately from other laundry
- clean toilet seats, flush handles, taps and bathroom door handles
- avoid contact with others as much as possible

If your child develops Norovirus and the symptoms continue, please contact your doctor straight away or call 111 if your child:

- (aged 5 years or over) still have signs of dehydration after using oral rehydration sachets
- you or your child keep being sick and cannot keep fluid down
- you or your child have bloody diarrhoea or bleeding from the bottom
- you or your child have diarrhoea for more than 7 days or vomiting for more than 2 days.

Please could you also make school aware.

Yours faithfully

Mrs R Ayres
Headteacher

Headteacher: Mrs R Ayres

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