



# St Alban's CE Primary School

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*"Educating for life in all its fullness."*



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Dear Parent/Carer,

There are many bugs circulating at the moment, and we are only at the start of the winter. We want to give you some very practical advice and resources to access as we know that you will be worried about scarlet fever (Group A Streptococcus), tonsillitis and bronchiolitis.

## To prepare for the winter please ensure:

1. Your child has received all of their recommended immunisations, including Influenza.
2. You have either Paracetamol and/or Ibuprofen at home and know the dose to give - the dose is often listed on the side of the bottle according to the child's age. In Hospital, we give 15mg/kg Paracetamol every six hours and 5mg/kg of Ibuprofen every eight hours.
3. Know the weight of your child. If your child is overweight, you are better using your child's age-appropriate dose.

Drug	10kg	15kg	20kg	25kg	30kg	35kg	40kg	45kg	50kg
<b>Paracetamol mg</b>	150	225	300	375	450	525	600	675	750
Amount of liquid Paracetamol (120mg/5ml)	6.25ml	9ml	12.5ml	15ml					
Amount of liquid paracetamol (250mg/5ml)				7.5ml	9ml	10.5ml	12ml	13.5ml	15ml
Paracetamol tablet 500mg							1	1	1.5
<b>Ibuprofen mg</b>	50	75	100	125	150	175	200	225	250
Amount of liquid Ibuprofen (100mg/5ml)	2.5ml	4ml	5ml	6ml	7.5ml	9ml	10ml	11ml	12.5ml
Ibuprofen tablet 100mg							2	2	2

4. Many GP practices have online access, which means that it is easier to get a same-day appointment. Check on your GP website whether they have this option and contact the surgery to sign up for it. If you do not know how to do this, ask for support at your local library or Citizen's Advice Bureau.
5. Look on the Healthier Together website ([www.sybhealthiertogether.nhs.uk](http://www.sybhealthiertogether.nhs.uk)) for information before your child becomes unwell, so that you know what to do, or use the QR codes at the end of this letter.

## How to encourage your child to take tablets

Watch this video: <https://sybhealthiertogether.nhs.uk/new-content-from-all-sites/swallowing-pills-kidzmed>

### Common conditions and when to worry

Group A Streptococcus (GAS) is a bacterial bug and there is no immunisation for this. It lives in many of our throats and does not cause harm for most.

For some, it will cause a high temperature and sore throat (tonsillitis). For a very small number, it will cause a sandpaper rash and red strawberry tongue (scarlet fever).

Rarely it will cause a very ill child with either pneumonia or sepsis, which is called invasive Group A Strep (iGAS). iGAS is very rare – research says there are between 2 and 4 cases for every 100,000 people per year.

As people have mixed less during the Covid-19 lockdown, germs were not shared as much at that time. Children have not met as many germs and so all common childhood infections are more common this winter.

The Group A Strep causing infection is not more serious this year. You do not need to be more worried about a 'new infection'.

### Bin It

Try not to forget that most infection, including strep infections are spread by close contact with an infected person and can be passed on through colds and sneezes. So, remember to:

Catch it: always cough or sneeze into a tissue

Bin it: always throw the used tissue in a bin

Kill it: always wash your hands with soap and hot water

Yours sincerely,

Amy Gurner  
Head teacher

## Healthier Together QR Codes

Asthma



Bronchiolitis



Fever



Coughs and colds



Diarrhoea  
and vomiting



Head injury



Sore throat



Earache



Scarlett Fever

