



EAST RIDING

OF YORKSHIRE COUNCIL

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Andy Kingdom Director of Public Health

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Dear Parent/Carer

East Riding of Yorkshire Council public health would like to ask parents and carers for support in reminding everyone in their household, both adults and children, to remember the basic steps to help reduce the spread of infection in the community.

The risk of infection in the community is increasingly high in the East Riding following the pandemic. The East Riding public health team would like to remind parents and carers to continue to remain vigilant whilst out and about in the community. We are starting to see trends in rising cases of infection, related to increased socialising outside of school.

Current infections circulating in the community and on a national level, particularly in younger children are:

- Chickenpox: <https://www.nhs.uk/conditions/chickenpox/>
- Scarlet fever: <https://www.nhs.uk/conditions/scarlet-fever/>
- Diarrhoea and vomiting: <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>
- COVID-19: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The above NHS webpages provide reliable, useful and up-to-date information, so please familiarise yourself with the symptoms and transmission.

Continuing to follow the below simple behaviour steps will help protect yourself, your family and your wider community:

- Wash your hands with soap and water regularly
- Notify your child's school if your child is unwell and seek medical advice where appropriate. If your child(ren) is unwell, please follow the necessary exclusion period for the infection or symptoms. Returning to school too early increases the risk for others
- If your child has been off school it may also be wise to limit any other community contact they have, such as groups, clubs or parties until they return to school
- Remember to open windows where safe to do to ensure rooms are regularly ventilated, particularly when indoors with others to reduce the risk of infection
- Cover your mouth and nose if you sneeze or cough and use tissues. Remember 'Catch it, Bin it, Kill it'
- One of the best protections against infection is vaccination. Make sure your child is up to date with their vaccinations and if you have missed them, please contact your GP. For guidance visit: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

We strongly recommend those with symptoms or signs of the above infections to stay away from school, nursery or work, in line with NHS advice and inform the setting or workplace as soon as possible.

Stay safe. Stay sound. Protect others.

Yours Faithfully

A handwritten signature in black ink, appearing to read 'Andy Kingdom', with a stylized, cursive style.

Andy Kingdom
Director of Public Health