

Infection Prevention: Winter Wellness in Education settings

Respiratory Illness & Measles

Keeping well this winter: focus on respiratory illnesses and how to try and stop the spread of coughs, colds and 'flu in your setting.

- If attendees have a high temperature, are feverish and feel unwell, people should try and stay at home during this period (often the first 48hrs) this will also help reduce the spread to others who may also be more vulnerable; they should be encouraged to keep warm and drink plenty of fluids to help recovery
- If needed, people should initially seek advice from a pharmacist about medicines that can help with symptoms if unsure of what to take. Antibiotics aren't given for viral infections. If symptoms persist for longer than a week, seeking health care advice would be encouraged.
- Hand and Tissue hygiene should be encouraged during higher incidence of coughs and colds during winter. Ensuring that tissues are used for sneezes and runny noses, disposed of in bins that are emptied each day is essential, as well as encouraging people to wash their hands with soap and water after tissue and toilet use and before eating.
- 'Flu and Covid vaccinations are one way of helping to keep vulnerable people safer from severe illness over the winter, when viral infections are higher. If IntraHealth, the local NHS School age immunisation service (SAIS) provider has already been to your school or college, thank you for facilitating the immunisation of those young people who wish to have the vaccine, along with other recommended school age vaccines.
- Ventilation and fresh air into rooms is an important part of helping to reduce the amount of virus in the air in an enclosed space. Ventilation of enclosed spaces is to be encouraged where possible.

Resources available from the Infection, Prevention and Control website:

[Coughs and sneezes spread diseases](#)

[Respiratory and cough hygiene poster](#)

Reporting possible Infections or outbreaks

UKHSA have produced, and regularly update, guidance on a range of infectious diseases which includes isolation/exclusion periods and when you would need to contact the regional UKHSA Health Protection Team to inform them of a potential

Public

outbreak. A number of useful documents can be found on the [GOV.UK Health protection in children and young people settings, including education page](#).

Measles, Mumps and Rubella (MMR)

We are asking education settings to help to raise awareness of the need for people to check their MMR vaccine status

- We are calling on all parents and guardians to make sure that their children and young people are up to date with their 2 MMR doses. It's never too late to catch up, and people can get the MMR vaccine for free on the NHS whatever their age, including adults.
- Vaccines are our best line of defence against diseases like measles, mumps and rubella and help stop outbreaks occurring in the community.
- Measles is a serious disease that spreads very quickly, often requiring hospitalisation, can cause serious long lasting health issues and can be fatal. Measles cases are increasing in number.
- The MMR vaccine has helped prevent the development of potentially life-threatening illness among millions world-wide. When uptake falls (as has been happening in the last few years), infections rise, so we strongly urge parents and carers to review the status of their child's vaccinations so that they can keep them and others protected from measles, mumps and rubella.
- To see if children and young people are up to date with their MMR vaccines, they can check their personal child health record (PCHR), known as the [red book](#), or contact their GP practice. If anyone has missed one or both doses of the MMR vaccine, they can contact their GP practice to book an appointment. Even for adults, it is free and it is never too late to catch up.
- For those students thinking of leaving home for further study or training next year, encouraging them to check their immunisations are up to date is very important as they can be more vulnerable at this time, mixing with new people outside of their usual community.
- When thinking of travel abroad, people should check that they are also covered for MMR .
- Measles symptoms include: high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms

Resources available from the GOV.UK website:

[Measles: don't let your child catch it – flyer for schools.](#)

Public