

Winter-readiness information for London schools and nurseries

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Introduction

During the winter season, it is important that schools are reminded and updated on important health considerations for their pupils/students, parents/carers and staff.

Pupils and staff in schools are particularly susceptible to infections which increase over the winter months, such as acute respiratory infection (ARI) in particular, seasonal influenza (flu), COVID-19 and stomach infections (such as norovirus). These can be very infectious and cause outbreaks in school settings due to the close contact amongst pupils and staff. The spread of these illnesses can be limited by improving infection control practices within the school.

Young children and/or those with chronic illnesses and neurodevelopmental disorders are also at risk of developing complications from certain vaccine-preventable infections such as measles and flu. It is important that they are fully immunised to prevent any complications and to reduce the likelihood of outbreaks in a school setting. It is also essential that schools have up to date and easily accessible records of children identified as being in a risk group (see page 7 – Influenza risk groups – for more information). This will ensure that a rapid risk assessment regarding the need for post exposure treatment can be considered in the event of individual cases and/or an outbreak situation.

This briefing provides:

- 1. Key messages for head teachers on winter preparedness.
- 2. Two checklists on ARI and norovirus readiness and when and how to report outbreaks.
- 3. Leaflets and further information on ARI, norovirus and meningitis

Key messages for schools on winter preparedness

Be prepared ✓

- Regularly remind parents to <u>exclude</u> their child from school if they have symptoms of flu-like illness/ARI (including COVID-19) or diarrhoea and/or vomiting or any other infectious disease
- As social contact returns to pre-pandemic norms there is likely to be a resurgence in influenza activity in winter 2022 to 2023 to levels similar to or higher than before the pandemic.
- There is potential for co-circulation of influenza, COVID-19 and other respiratory viruses and they may well circulate for longer periods than usual.
- The potential for co-circulation of influenza, COVID-19 and other respiratory viruses could add substantially to pressures on the NHS in 2022 to 2023, in addition to, or by prolongation of the overall period for which respiratory viruses circulate in sequence
- Encourage pupils and staff to ensure they are up to date with their UK scheduled vaccines for their age including against measles, mumps and rubella infection (MMR). Routine UK immunisation schedule can be found here.
- Encourage your pupils/students and staff to be immunised against seasonal flu and COVID-19, where eligible, and ensure that staff have access to personal protective equipment (PPE), i.e. disposable gloves, aprons and masks), if needed (see checklist pages 9-13).
- Maintain an up-to-date list of children who are at particular risk of developing serious illness from influenza (as outlined below), so that if there is an outbreak you have all this information to hand to inform a timely risk assessment.

2. Recognise outbreaks ✓

- You should consider the possibility of an <u>outbreak</u> where you have 2 or more cases of a particular illness (within a short space of time) that could be related (eg in the same class or year group; or attending the same after school club).
- A higher than previously experienced and/or rapidly increasing number of staff or pupil/student absences due to acute respiratory infection/diarrhoea and/or vomiting.

3. Report outbreaks promptly to your local health protection team ✓

- 3.1 Outbreaks of diarrhoea and vomiting should be reported to your health protection team as soon as they are recognised. You can report outbreaks by calling or emailing your local HPT on the following:
 - North East and North Central London <u>necl.team@ukhsa.gov.uk</u>
 Tel: 020 3837 7084
 - North West London <u>NWLHPT.OnCall@ukhsa.gov.uk</u>
 Tel: 020 3326 1658
 - South London <u>SLHPT.OnCall@ukhsa.gov.uk</u>
 Tel: 03443262052
- 3.2 Suspected and confirmed outbreaks of "acute respiratory infections including COVID-19 and Influenza where further support is required (see criteria in below box) should be reported to your local HPT (if urgent via phone). Please also see sections on COVID-19 and Influenza below for useful links

Please include -

- Total number of pupils at the school.
- If the school is a mainstream, boarding/residential school, SEND school and/or caters for particularly vulnerable pupils.
- Nature of symptoms (D&V, ARI, confirmed COVID 19)
- Main symptoms and duration of illness (if known).
- Distribution of cases over time, including onset date of the first and most recent cases, and according to class or year group.
- If a D&V outbreak, is there is any known blood in the stools.
- Number of hospitalisations, ICU admissions and deaths associated with the outbreak
- Dates of childhood influenza vaccination and coverage rates in the school students and staff, if relevant and readily available (For ARI outbreaks)

Highlight any URGENT concerns and/or specific advice required.

- A higher than previously experienced and/or rapidly increasing number of staff or student absences due to acute respiratory infection (ARI including COVID-19)
- Evidence of severe disease due to respiratory infection, for example if a pupil, student, child or staff member is admitted to hospital, ICU or death associated with the outbreak
- An acute respiratory infection outbreak, (including COVID-19) in a SEND school with medically vulnerable children i.e. immunocompromised or school carrying out Aerosol Generating Procedures (AGPs)
- A SEND school with difficulties in applying the outbreak control measures due to residential setting or increasing complexity e.g. hospital admissions ICU or death associated with the outbreak

COVID-19

You should continue to follow current guidance which describes the measures to manage COVID-19 on a day-to-day basis and actions to take in the event of an outbreak of COVID-19 within a school. As per item 3.2 above, schools can link with their local HPT **if further support is needed** (see criteria¹ below). In addition, some useful links are pasted below for your use:

- COVID-19 vaccination: resources for schools and parents GOV.UK (www.gov.uk)
- Emergency planning and response for education, childcare, and children's social care settings - GOV.UK (www.gov.uk)
- Guidance: Health Protection in education and childcare settings all chapters but especially chapter 3 and 4 along with table on exclusion period for different infections (including COVID-19)

Influenza risk groups

Flu can affect anyone but if you, your staff, or children have a long-term health condition the effects of flu can make it worse even if the condition is well managed and you normally feel well. The free flu vaccine is available for those who are pregnant, 65 and over and/or have one of the following long-term conditions.

Guidance: Flu vaccination guidance and resources for schools

Conditions which may increase your risk of serious influenza illness*

- a neurological condition, e.g., multiple sclerosis (MS), cerebral palsy or learning disability
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- a kidney disease
- are seriously overweight (BMI of 40 and above).
- diabetes
- pregnancy

- a chest complaint or breathing difficulties, including bronchitis, emphysema, or severe asthma
- a problem with your spleen, e.g., sickle cell disease, or you have had your spleen removed
- a heart problem
- had a stroke or a transient ischaemic attack (TIA)
- liver disease

This list is not exhaustive.

Source: * https://www.gov.uk/government/publications/influenza-the-green-book-chapter-19

It is important for the school to maintain an up-to-date record of all those who fall into the above categories. If you or the parents are unsure if a child's condition falls under one of the risk groups, then advise them to speak with their practice nurse/GP to discuss their concerns and establish if they are in an influenza risk group.

In the event of cases/outbreak, a risk assessment, including consideration of those in the above risk groups, will need to be undertaken ASAP. There will be situations where these individuals may be advised to obtain post exposure medication/immunisation from their GP, but for this to be most effective this needs to occur quickly after their exposure.

SEND schools (Children with special educational needs and disabilities) may have a high number of pupils/students who are at risk of developing serious influenza. It is particularly important that SEND schools report possible outbreaks promptly to their local health protection team. **Do not await the results of COVID-19 or flu tests before reporting a suspected outbreak of acute respiratory illness.** As per item 3.2 above, schools can link with their local HPT **if further support is needed** (see criteria² below).

More information on the risk groups can be found in the

<u>DH Green_Book_Chapter7 Immunisation of individuals with underlying medical</u> conditions.pdf

A higher than previously experienced and/or rapidly increasing number of staff or student absences due to acute respiratory infection – ARI (including influenza)

²Evidence of severe disease due to respiratory infection, for example if a pupil, student, child or staff member is admitted to hospital, ICU or death associated with an ARI outbreak (including influenza)

An acute respiratory infection (ARI) outbreak in a SEND school with medically vulnerable children i.e. immunocompromised or school carrying out Aerosol Generating Procedures (AGPs)

A SEND school with difficulties in applying the outbreak control measures due to residential setting or increasing complexity e.g. hospital admissions ICU or death associated with an ARI outbreak (including influenza)

London schools and nurseries planning checklist for ARI including Flu/COVID-19

Date completed Completed by			
Actions to prepare for cases of seasonal flu		✓	Χ
Flu vaccination			
 Do you have any children and/or staff in clinical risk groups (including those with chronic respiratory, cardiac, kidney, neurological disease, neurodevelopmental disorders (learn disability), diabetes, pregnant, etc. If you do, compile a list, and establish if the children/staff are to be vaccinated at their C school. This information is essential in facilitating a prompt risk assessment in the ever outbreak 	ing GP or at		
3. Did you know children being offered the seasonal influenza vaccine this year are:			
 4. Via school age immunisation service a. All primary school-aged children (aged 4 to 10 on 31 August 2022) b. All secondary school-aged children. Prioritisation will be primary schools and logical years 7, 8 & 9. 	ower		
 Via healthcare provider i.e., GP/Practice Nurse/Hospital specialist a. All children aged 2 and 3 years on 31 August 2022 b. All at risk children from 6 months to less than 2 years c. All children aged 2 to under 18yrs with a health condition that puts them at greatisk from flu. Most children will be offered the nasal flu spray via the school age immunisation service unless otherwise indicated by their healthcare provider, i. GP/Hospital Specialist or are eligible to receive vaccination in general practice school session is late in the season, their parents/ guardians prefer it, or they not the session at school. 	e., if the		
 Local healthcare teams will be in touch with the school where a school-based delivery has been agreed. 	model		
Parental/guardian consent will be required, and schools may be asked to assist with co of the consent forms.	llection		
COVID-19 vaccination			
 Everyone aged 5 and over can get the COVID-19 vaccine. For more information oCOVID-19 vaccination, eligibility for staff and pupils and book, please click <u>here</u> 	how to .		
Respiratory hygiene & infection control precautions			
Ensure infection control policies are up to date, read and followed by all staff Health Protection in schools and other childcare settings			
10. Immediately send home staff members and/or pupils who become unwell at the			
school/nursery and remind them not to return until they are symptom free.			
11. Check that you have procedures for isolating (with appropriate supervision) a child who during the day until their parents can collect them. This will include a suitable isolation with hand washing facilities, PPE available if needed (e.g., for staff providing close persocare to an ill child)— i.e., disposable gloves, aprons, and surgical masks (for flu outbread appropriately trained staff and plans in place for transporting children home who would use school bus or public transport. The isolation room should be thoroughly cleaned after the contraction of the contractio	room sonal ks), usually ter use.		
 Reinforce general education for children and staff about washing hands and respiratory hygiene ('catch it, bin it, kill it' message). Use education materials / resources 	′		
13. Link to e-bug resources can be found here			

	Ensure disposable tissues are available and staff and children understand the need for using them (whilst waiting for collection) and how to use them e.g., cover nose and mouth with tissue, use tissue, throw away and wash hands.	
15.	Ensure liquid soap and disposable paper hand towels are available at each hand washing facility, this includes toileting areas and classrooms and stock levels adequately maintained in	
	anticipation of increased use.	
	Staff to check, encourage and supervise handwashing in young children, and handwashing / use of alcohol gel (where safe) for visitors when arriving and leaving the premises	
	If possible and safe to do so, use alcohol gel in places where handwashing facilities are not available e.g., entrances/exits, and classrooms under supervision, and maintain supplies in view of increased use	
18.	Ensure foot operated bins are in use and in working order	
	Increase regular cleaning of surfaces, equipment and toys using normal detergent, particularly frequently touched surfaces – taps, door handles, stair rails, light switches, computer keyboards etc. Ensure stock rotation of toys to ensure clean toys always available. a. Cleaning is recommended twice daily as a minimum in an outbreak and as necessary.	
	Maintain adequate levels of cleaning materials in anticipation of increased cleaning (e.g., disposable cloths, detergent, PPE)	
22. 23. 24.	Ventilation and use of outdoor space: Consider use of outdoor spaces if possible Ensure occupied spaces are well ventilated and let fresh air in. Further information: Ventilating classrooms to reduce the spread of Covid 19 doesn't mean pupils need to be cold – here's why - The Education Hub (blog.gov.uk) COVID-19: ventilation of indoor spaces to stop the spread of coronavirus - GOV.UK	
	(www.gov.uk)	
Repor	ting to the local health protection team	
	Early recognition of an influenza/respiratory illness outbreak amongst staff and/or pupils is vital (i.e., Two or more cases linked by time and place).	
	Suspected and confirmed outbreaks of "acute respiratory infections - including COVID-19 and Influenza - where further support is required (see criteria below ³) should be reported to your local HPT (if urgent via phone).	
	Maintain high standards of record keeping in the event of an outbreak of acute respiratory illness to help investigate the outbreak i.e., list of staff and pupil cases incl. dates of birth, GP details, symptoms, date of onset of symptoms of the first case, total number of pupils in the school, location of cases, and have to hand the documentation of the flu immunisation uptake levels	
Action	s to take in the event of an ARI outbreak	
29.	In the event of an ARI outbreak:	
	- Discourage the sharing of communal toys/equipment.	
	- Encourage the cleaning of hands and objects when passing round shared toys.	
	- Suspend use of communal soft toys due to problems with cleaning them adequately.	
	- Do not allow children to share objects that may become contaminated with respiratory	
	secretions (e.g., wind instruments).	
30.	Inform the school nurse and local authority as per local protocol	
	Operational pressures: If you have issues with staff absence leading to operational pressures, please inform your local authority public health and education teams. Please ensure safeguarding risk assessments are undertaken for vulnerable children who are required to isolate	
32.	Encourage all students with respiratory symptoms to cover their mouth and nose with a disposable tissue when coughing and sneezing and to wash their hands after using or disposing of tissues	

	posters (exclusion poster, hand washing poster) Posters can be downloaded for free rious websites or can be accessed via the e-bug resources which can be found here .	
conside a.	e social distancing and reduce crowding around the nursery/school/college e.g., r reducing the number of students gathering in assemblies and minimise pinch points during the day) a temporary reduction in mixing between classes/tutorial groups	
	reducing the mixing of staff e.g., by holding meetings remotely and maintaining social distancing in staff rooms	
35. Review	measures to improve ventilation in all areas	
	sess residential educational visits, open days, transition/taster days, parental nce, live performances for affected classes/year groups and postpone or re-arrange as iate	
COVID-	aused by COVID-19 encourage all staff and students to follow the 'Living safely with 19 and other respiratory infections" guidance Living safely with respiratory infections, g COVID-19 - GOV.UK (www.gov.uk)	
38. Encoura	age children or young people with a positive COVID-19 test result to stay at home for 3 ter the day they took their test.	
	ff who have a positive COVID-19 test result should try to stay at home for 5 days after they took the test.	
	nay be occasions when, where age appropriate, the use of face coverings in nal areas or where crowding occurs may need to be considered	
exclusio	formation to parents informing them that there is an outbreak of ARI and reinforcing on criteria, hygiene advice and encouraging vaccination as per influenza/COVID19 e including not send children back to school until they are symptom free.	

A higher than previously experienced and/or rapidly increasing number of staff or student absences due to acute respiratory infection – ARI (including influenza)

Evidence of severe disease due to respiratory infection, for example if a pupil, student, child or staff member is admitted to hospital, ICU or death associated with an ARI outbreak (including influenza)

> ³An acute respiratory infection (ARI) outbreak in a SEND school with medically vulnerable children i.e. immunocompromised or school carrying out Aerosol Generating Procedures (AGPs)

A SEND school with difficulties in applying the outbreak control measures due to residential setting or increasing complexity e.g. hospital admissions ICU or death associated with an ARI outbreak (including influenza)

London schools and nurseries planning checklist for norovirus season

Date completed	Completed by	by	
Actions to prepare for norovirus (winter vomiting bug	y) season	✓	X
Infection control precautions			
1. Ensure infection control policies are up to date, read	and followed by all staff		
2. Check that you have procedures for isolating (with appropriate supervision) a child who falls ill during the day until their parents/carer can collect them. This will include a suitable isolation room with hand washing facilities, PPE if needed, appropriately trained staff and plans in place for transporting children home who would usually use school bus or public transport. The isolation room should be thoroughly cleaned after use.			
3. Ensure that liquid soap and disposable paper hand towels are available in all toilets and classrooms where there is hand washing facilities. NB: hand gel should not be used if a norovirus outbreak is suspected			
 Ensure that Personal Protective Equipment (PPE) is gloves, aprons. 	available – i.e., disposable		
5. Ensure foot operated bins are in use and in working of	order		
Reporting to the local health protection team			
 Early recognition of a diarrhoea and/or vomiting (D&V) o and/or pupils/students in a school setting is vital (i.e., two and place). 			
7. Outbreaks of D&V should be reported promptly to the local for a full risk assessment and further guidance (even if the number of local diarrhoea and vomiting outbreak management guide)	ursery/school is already aware		
 Maintain high standards of record keeping in the event of an vomiting to help investigate the outbreak (i.e., list of staff and dates of birth, GP details, symptoms, date of onset of symptonumber of pupils in the school, location of cases). 	pupil/student cases incl.		
Diarrhoea and/or vomiting outbreak control measure	es		
 9. Immediate control measures to be put into place when an our are: Exclusion of cases for 48 hours after all symptoms have on nursery/school staff Enhanced cleaning of the environment with a hypochlorite Effective hand washing with liquid soap and water. 10. Brief all staff on infection prevention and control measures defined handover sessions throughout the day. 	ceased, this includes e solution.		
Inform the school nurse and local authority as per local proto	ocol		
12. Maintain high standards of record keeping to assist with invented help identify the source of the infection by keeping a log (i.e. cases including symptoms and frequency, date of onset of symptoms.)	stigating the outbreak and , list of staff and pupil/student		

	case, location of cases, number of pupils/students/staff at the school). These details may be requested if the outbreak is not resolving, or bloody diarrhoea is reported.	
13.	Remove all alcohol gel in use in the event of a D&V outbreak, as this has limited effectiveness against certain diarrhoeal diseases	
14.	Discourage the sharing of communal toys/equipment. Encourage the cleaning of hands and objects when passing round shared objects/toys. Suspend use of communal soft toys (due to the problems with cleaning them adequately), water, soft dough and sand play. Do not allow children to share objects that may become contaminated.	
15.	Increase regular cleaning of surfaces, equipment and toys using normal detergent, particularly frequently touched surfaces – taps, door handles, stair rails, light switches, computer keyboards etc. Ensure stock rotation of toys to ensure clean toys always available. Cleaning is recommended twice daily as a minimum in an outbreak and as necessary.	
16.	Advise pupils/students/staff to seek advice from a healthcare provider and have stool (poo) samples taken	
17.	Send information to parents informing them that there is an outbreak of diarrhoea and/or vomiting at the nursery/school and reinforce exclusion criteria (48hours after last symptoms) and basic hygiene advice. Your local health protection team can support you in preparing the letter including up to date information leaflets.	
18.	During an outbreak restrict visitors to the nursery/school as much as possible and any visitors should be advised of the outbreak and the need for thorough hand washing prior to leaving the school.	
19.	Consider suspending visits to other nurseries/schools, outings and any organised nursery/school events such as barbecues, sports days, plays and classroom parties including whole school assemblies until the outbreak is declared over (48 hours of no new cases at the school which includes both staff and pupils/students).	

Resources

Flu

Checklist

See checklist on pages 9 to 11 for actions to prepare for seasonal influenza.

Influenza immunisation resources 2022-2023

- Information and promotional resources for the 2022 to 2023 annual flu vaccination programme. Flu vaccination for children: leaflets and posters - GOV.UK (www.gov.uk)
- Protecting your child against flu; Information for parents and carers (publishing.service.gov.uk)
- Flu: 5 reasons to get your child vaccinated Primary School (publishing.service.gov.uk)
- Protect yourself against flu information for those in secondary school https://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters/protect-yourself-against-flu-information-for-those-in-secondary-school
- Flu immunisation for early years settings including child minders GOV.UK

Easy to read poster and leaflet

- All about flu and how to stop getting it Simple text version for adults (publishing.service.gov.uk)
- All about flu and how to stop getting it Simple version (publishing.service.gov.uk) for children
- Audio versions, large print, Braille and British Sign Language and editions in a variety of languages can be accessed at: <u>Flu vaccination for children: leaflets and posters - GOV.UK (www.gov.uk)</u>

Further information and leaflets on flu can be found at:

- Annual flu programme GOV.UK (www.gov.uk)
- People with symptoms of a respiratory infection including COVID-19 GOV.UK (www.gov.uk)

COVID-19

- <u>Living safely with respiratory infections, including COVID-19 GOV.UK (www.gov.uk)</u>
- Emergency planning and response for education, childcare, and children's social care settings (publishing.service.gov.uk)

Norovirus

Checklist

See checklist on pages 12 and 13 for actions to prepare for the winter vomiting bug (norovirus) and what to do in an outbreak.

Poster

Further information is available in this norovirus poster and can be displayed for staff and visitors

www.gov.uk/government/uploads/system/uploads/attachment_data/file/322947/Stop_norovirus_spreading_this_winter_leaflet.pdf

Meningitis

Leaflets

These leaflets describe meningitis and the benefits of vaccination

Signs and symptoms poster

https://www.gov.uk/government/publications/meningitis-signs-and-symptoms-poster

Meningitis: Don't ignore the signs

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/744233/Don_t_ignore_the_signs_of_meningitis_leaflet.pdf

Protect yourself against meningitis and septicaemia – In school years 9 to 10

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/796288/PHE_MenACWY_leaflet_for_schools.pdf

Meningitis and septicaemia – Important information for new university entrants in England

https://www.gov.uk/government/publications/meningitis-and-septicaemia-poster-for-new-university-entrants

https://www.gov.uk/government/publications/meningitis-and-septicaemia-leaflet-for-new-university-entrants

Further information for Higher Education can be found at:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/58251 1/MenACWY_HEI_Guidelines.pdf

Further information on meningitis can be found on the NHS choices website:

www.nhs.uk/conditions/meningitis/pages/introduction.aspx

Measles, Mumps and Rubella

Leaflets

MMR for all: general leaflet which can be downloaded/ordered in English, Romanian, Polish and Somali

https://www.gov.uk/government/publications/mmr-for-all-general-leaflet

Training resources for schools and other childcare settings

Free Educational Resources for ages 3-16yr olds

e-Bug, operated by the UK Health Security Agency, is a health education programme that aims to promote positive behaviour change among children and young people to support infection prevention and control efforts.

Health protection guidance and new free e-Bug resources are now available for educators, community leaders, parents, and caregivers to educate children and support childcare settings to prevent and respond to outbreaks.

Educators and childcare staff are urged to review guidance on how to prevent and control infections, educate pupils/students on practicing hand and respiratory hygiene, as well as infection prevention methods – which are most effective when everyone follows them.

Visit the site here.

About the UK Health Security Agency

UKHSA is responsible for protecting every member of every community from the impact of infectious diseases, chemical, biological, radiological and nuclear incidents and other health threats. We provide intellectual, scientific and operational leadership at national and local level, as well as on the global stage, to make the nation health secure.

UKHSA is an executive agency, sponsored by the Department of Health and Social Care.

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