

Influenza / COVID-19 Guidance

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As COVID-19 and Influenza presents a low risk to normally healthy children and young people, combined with high vaccination rates in the population, there are no longer specific rules relating to it in schools, colleges, childcare and other education settings.

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to go to school, college or childcare.

However, those who are unwell and have a high temperature should stay at home and avoid contact with other people where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature, and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

Where a staff member or child has tested positive for COVID-19

UKHSA Guidance says that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

For children and young people aged 18 and under who are recommended to take a COVID-19 test by a health professional and test positive, the advice is to try to stay at home and avoid contact with other people for three days. This is because children and young people tend to be infectious to other people for less time than adults.

Adults are no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. Adults with a positive COVID-19 test result are advised to try to stay at home and avoid contact with other people for five days, which is when they are most infectious.

The UKHSA has also published public health guidance on [living safely with respiratory infections, including COVID-19](#).

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What measures should schools be taking to stop the spread?

As well as following the UKHSA guidance signposted, all settings should have in place baseline infection prevention and control measures that will help to manage the spread of infection:

- Reinforcing good hygiene practices such as regular hand washing and cleaning.
- Ensuring occupied spaces are well-ventilated and let fresh air in.
- Ensuring all eligible groups are enabled and supported to take up the [offer of national vaccination programmes including COVID-19 and flu](#)

Intranasal Flu Vaccination

The nursing team will be coming to school on Monday 11th November 2024 to provide all opted in pupils a flu vaccination (nasal spray).

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and can cause serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of Flu. There may be a rebound in Flu levels this coming winter following low levels in the past 2 years. The vaccination is free and is a quick, simple, painless spray up the nose.

Please complete the online consent form.

If you DO NOT wish your child to be vaccinated for whatever reason please complete the form stating NO and the reasons.

Online Consent Form:

Use the link below to access the online consent form:

www.bthimmunisations.co.uk/Forms/Flu

Enter the unique school code with BP in capital letters

The code for your school is: BP119614

Please inform the School Vaccination Team (Not School) of the following on

- If your child has steroid tablets prescribed two weeks prior to vaccination.
- If in the few days prior to vaccination your child has been wheezy.
- If after consenting you take your child to your GP surgery to receive their vaccination

It is your responsibility to contact the school vaccination team to ensure they do not receive the immunisation again. Our contact details are:

Blackpool, Wyre & Fylde: 01253 951984 Morecambe / Lancaster 01524 519430

A leaflet explaining the vaccination programme can be accessed by clicking the following link: <https://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters/246e0098-9e5c-4d54-b7dc-8e19ccc4f423>