

Gastro-intestinal Guidance August 2024

When several children are absent due to vomiting and/or diarrhea, it is highly likely due to the spread of a gastro-intestinal (GI) infection. Clusters of children from the same class or friendship group may become ill and display the same symptoms.

Symptoms may include:

- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Tiredness
- Flu-like symptoms

Most common stomach and intestinal infections are infectious, especially between younger children. GI infections may be caused by a virus, bacteria, or parasite.

Preventing the spread of GI infections

Hand washing

We teach the importance of hand washing at school to reduce the spread of infection. Please model thorough hand washing at home and school, especially after visits to the toilet and before eating any food. This will help to stop the infection from spreading.

Don't allow children to share snacks.

Although we encourage sharing of toys and resources, the sharing of snacks makes it easy for infections to pass from one child to another.

Keep children at home if unwell.

Children should only return to school once they are well. Whilst at home, they need lots of rest and fluids, mainly water, to prevent dehydration. If symptoms become more severe, the family should seek medical attention.

Returning to school

Children should only start back at school when they are completely free of symptoms. If a child returns to school still unwell, the parents will be asked to take their child home.

FS children (Nursery/FS1/FS2)

Should be kept at home for at least 48 hours from the last bout of vomiting and/or diarrhoea.

Y1 – Y6 children

Should be kept at home for at least 24 hours from the last bout of vomiting and/or diarrhoea.