



Infection Prevention and Control

Information Leaflet for Parents



The purpose of this leaflet is to provide you with information on our Infection Prevention and Control Policy and education programme in school.

Infectious diseases such as respiratory (coughs and colds) and gastrointestinal illnesses (diarrhoea and vomiting) are common in children. These illnesses can cause a lot of absenteeism in children attending school.

At Cwmaman Primary School we aim to educate our pupils on **microbes, the spread, treatment and prevention of infection and antibiotic use.**

If we can reduce the spread of infection in children and young people by educating them on these topics, we can reduce infections and reduce antibiotic use and subsequently reduce **antibiotic resistance.**

Antibiotic resistance is one of the biggest threats facing us today. Without effective antibiotics many routine treatments will become increasingly dangerous.

As a school we follow the ***All Wales Infection Prevention and Control Guidance for Educational Settings (2017)** and our school's Hygiene Policy and everyday practice is centred on this guidance. We are committed to the health, safety and well-being of the whole school

and wider community. It is therefore important that clear effective guidelines for the prevention and control of infection are in place and implemented within our school.

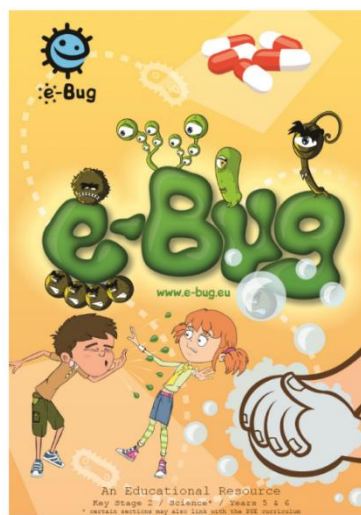
*(Public Health Wales (2017) All Wales Infection Prevention and Control Guidance for Educational Settings. Public Health Wales NHS Trust)

Infection Prevention and Control in the Curriculum:

We aim to deliver consistent and accurate hygiene messages through the formal and informal curriculum to empower pupils to identify, develop and implement good hygiene practices and to develop a responsible attitude towards keeping their bodies safe and healthy. This term Key Stage 2 pupils will receive a series of fun and interactive lessons using the e-Bug resource focusing on the following topics:

**Junior/KS2
7-11 year olds**

- 1. Micro-organisms**
 - i. An Introduction
 - ii. Useful Microbes
 - iii. Harmful Microbes
- 2. Spread of Infection**
 - i. Hand Hygiene
 - ii. Respiratory Hygiene
 - iii. Food Hygiene
 - iv. Farm Hygiene
- 3. Prevention of Infection**
 - i. The Body's Natural Defences
 - ii. Vaccinations
- 4. Treatment of Infection**
 - i. Antibiotic Use and Medicine



If you wish to see the lessons in more detail, a copy of our school's policy or view any of the resources please ask your child's class teacher.

How can you help to reinforce these important messages at home?



Hand Hygiene:

Hand washing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea, vomiting and respiratory disease. When we touch other people, animals, body fluids, contaminated surfaces or food for example, we pick up germs on our hands. These germs can then pass into our bodies and can cause illness, or spread to other things that we touch. This is why we need to wash our hands regularly throughout the day and especially:

Before:

- Preparing and serving food or drink
- Eating and drinking

After:

- Using the toilet
- Coughing, sneezing or blowing / wiping your nose
- Touching rubbish / waste bins
- Handling raw foods, particularly meat, poultry or fish
- Changing nappies
- Contact with body fluids such as vomit
- Handling pets or farm animals
- Helping / playing in the garden

Large, multi-faceted school

 World Health Organization
October 2006, version 1

Coughing and Sneezing:

Coughing and sneezing easily spread infections. When coughing or sneezing individuals should be encouraged to cover their nose and mouth with a tissue. Tissues should be disposed of appropriately and hands washed after using or disposing of tissues. Spitting should be discouraged. Remember to **Catch It, Bin It, Kill It!**



EI DDAL

Mae germau'n lledaenu'n hawdd. Cariwch hances bapur a defnyddiwch hi wrth beswch neu disian.



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

EI DAFLU

Gall germau fyw am oriau ar hances. Taflwch hi cyn gynted â phosib.



BIN IT

Germs can live for hours on tissues. Dispose of your tissue as soon as possible.

EI DDIFA

Gall dwylo drosglwyddo germau i bob arwyneb rydych yn ei gyffwrdd. Glanhewch eich dwylo cyn gynted ag y gallwch.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



Farm Visits:

Whilst it is popular to visit farms and zoos, there are a number of infections that can be passed on to people from infected animals. Serious outbreaks have been associated with visits to farms and zoos.

Even farm animals that look clean and healthy will carry a range of germs such as campylobacter, salmonella and cryptosporidium which can be passed on and cause infection in humans. They can also carry the bacteria *Escherichia coli* O157 (*E. coli* O157), which is very infectious and can cause extremely severe or life-threatening illness.

Remember to wash and dry hands thoroughly after visiting and petting/feeding animals.

Cases of infectious disease:

If your child has diarrhoea and/or sickness it is essential that they do not attend school. Please keep them at home until diarrhoea and/or sickness has stopped for at least 48 hours.

Inform us immediately if your child has an infectious disease or illness. This will enable the school to undertake any action if necessary and to provide you with further information on how long your child should stay off school for.

Vulnerable/at risk children:

If your child is particularly at risk of becoming ill from an infectious disease, either because they have a medical condition which affects their immunity or are not vaccinated (this includes if they have not had a full course of a vaccine), please let us know. This is important so we can tell you about any infectious diseases within the school that could put your child at risk.

Vaccinations:

Please ensure your child is up to date with recommended vaccinations. The routine immunisation schedule for Wales outlines the vaccinations your child should have been offered. For the most up-to-date immunisation advice see the NHS Direct Wales website www.nhsdirect.wales.nhs.uk or the school health service can advise on the latest national immunisation schedule.

If you are concerned that your child has not received all of their vaccinations, please speak to your doctor (GP) as soon as possible.

More Information:

The Facts About Head Lice:

<https://gov.wales/docs/phhs/publications/100701headliceen.pdf>

Alternatively, you can speak to your School Nurse or Health Visitor

Making Lunchboxes Healthier and Keeping Them Cool:

<https://gov.wales/docs/change4life/publications/151111lunchboxesen.pdf>

Thanks are extended to the Health Protection Team in Public Health Wales and the Environmental Health Departments in both Rhondda Cynon Taf and Merthyr Tydfil for their feedback in the creation of this leaflet. Thanks also, to both Local Authority Educational Departments.

Head lice

Fact sheet

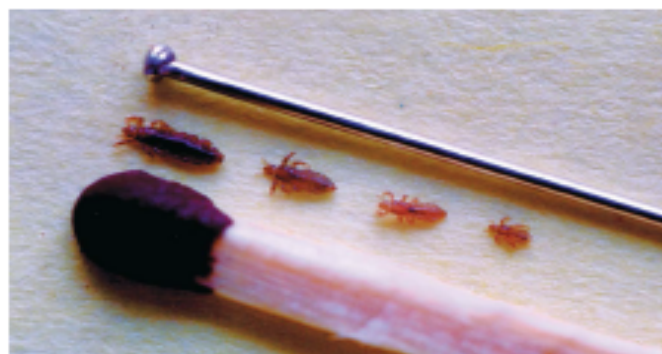


Llywodraeth Cymru
Welsh Government

www.cymru.gov.uk

What are head lice?

- Head lice are small insects (no larger than a sesame seed when fully grown) with moving legs. They live very close to the scalp.
- Nits are not the same as lice. They are the egg cases which stick to the hair, and look like specks of dandruff.
- You only have head lice if you find a moving louse (not a nit). Your head does not have to be itchy to have head lice.



How do you get head lice?

- Because of children's play activity and close contact, head lice are usually found on children, but can also spread to adults.
- Head lice are caught from close family and friends in the home and community, as well as at school.
- Head lice live in all types of hair – dirty or clean, short or long.
- Head lice walk from one head to another, when heads are close together – they do not fly, jump or swim.

How can you prevent head lice?

- Regular brushing and combing of the hair will help to spot lice early.
- The best way to stop the spread of head lice is for families to check their heads by regular wet combing using detector comb.
- Human head lice are not found on animals or household pets and are not transmitted from pets to humans.



How do you treat head lice?

Do not treat unless you are sure you have found a moving louse.

1. Check and treat all infected members of the family.
2. Ask your GP or Pharmacist which head lice treatment to use. Creme rinses and shampoos are not thought effective and are therefore not recommended. The Pharmacist can advise on any evidence of resistance to treatment and therefore the most appropriate treatment to purchase. Also, the Pharmacist can advise on treatments suitable for people with asthma and other respiratory conditions.
3. Always read and follow the instructions in the treatment pack.
4. Apply the treatment carefully.



Where can you go for further help and advice?

Contact the Pharmacist, Health Protection Nurse, School Health Nurse or GP.

Further information can be found at:

<http://wales.gov.uk/topics/health/protection/communicabledisease/publications/headlice/?lang=en>