Director of Public Health
Sarah Perman

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Dear Parent/Guardian

Back to school vaccination reminder & important public health advice.

As you begin the autumn term, we would like to remind you of some important things you can do for your children to protect them and others from illness this winter.

- If you have children starting school this September and they have missed their pre-school booster vaccinations, please speak to your GP surgery to arrange an appointment. It's not too late to catch up! Vaccines remain our best defence against serious and life-threatening diseases; they are safe and are free on the NHS.

- Teach your children to wash their hands using soap and water. Especially encourage this after they have used the toilet and before they eat. This will help to prevent them from getting sickness and diarrhoea bugs and stop them spreading illnesses to others. Remember if they do get the sickness and diarrhoea bug they must not go back to school until 48 hours after symptoms have stopped.

- Please take up your child's offer of a flu vaccination this year and complete the consent form when it is sent out. Flu can be serious for children of all ages but particularly for those under 5. Vaccination helps protect against complications like pneumonia and painful ear infections as well as reducing the risk of needing to go to hospital. Vaccinating your child also helps protect others in your family like grandparents or those with long-term health conditions.

Thank you for taking these small steps to keep your child and everyone around you healthy this winter. If you would like to know more please visit: https://www.hwehealthiertogether.nhs.uk/parentscarers/keeping-your-child-safe-and-healthy

Yours sincerely

S. C Perman

Sarah Perman
Director of Public Health