



17th March 2026

Dear Parent/Guardian,

I am writing to let you know that a number of children and staff at school/nursery have had gastro-enteritis over the last few days.

I have been advised by our Environmental Health department that this is a mild illness probably caused by a virus, but that it is very infectious. The most usual symptom is vomiting. Some people may have diarrhoea and/or abdominal pain. Symptoms rarely last for more than 24 – 48 hours. The incubation period (time it takes for the illness to develop) is between 24 and 48 hours.

If your child is affected, please keep him or her off school/nursery. He or she should not return until 48 hours after the diarrhoea and vomiting have stopped.

The virus is easily spread from person to person. Good hygiene by everyone in the family reduces the risk. This means washing hands with soap and warm water after going to the toilet and before preparing or eating food.

It is important to clean up carefully when someone has been sick as vomit is very infectious. Clear up spills of vomit or faeces immediately, by thorough washing of the contaminated environment with soap and hot water. For hard surfaces, (floor, work tops etc, an additional disinfection with a dilute solution of Milton or household bleach (according to manufacturer's instructions) will reduce the contamination. DO NOT MIX these substances with soap and water. Be sure that each family member uses separate towels and flannels which are changed and washed frequently.

Hand washing after visiting the toilet, cleaning up spillages and before handling food is the most important element of reducing the risk of infection.

We are ensuring the school/nursery is thoroughly cleaned to reduce any further risk.

If you need any further advice you can phone NHS Direct Wales on 111 or Public Health Wales on 0300 003 0032.

Yours faithfully

Mairi Dunn

Mairi Dunn
Head of School