

- 1 Outbreaks of infectious disease can be catastrophic for schools. Outbreaks could mean closing for days or even longer
- 2 Wrexham County Borough Council know it is difficult when parents need to go to work but it is unfair on the school and the children to knowingly put an unwell child into school.
- 3 If your child does have an infectious illness and they attend school. It is putting other children and school staff at risk. People react to infections differently, a staff member may be pregnant and could be dangerously ill from unnecessary exposure.
- 4 Schools need your help to prevent spread of illness. They have policies and procedures in place that will work with your help. Please do not ask them to breach these procedures and put others at risk – keep your child off until **48 hour** symptom free.

**Food and Health and Safety Team
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Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

1. Infectious disease can be caused by:
Bacteria e.g. Campylobacter/E.coli/
SalmonellaVirus e.g. Norovirus/Rotavirus
Parasite e.g. Cryptosporidium/Giardia
2. Infectious diseases spread via various routes including by faecal – oral route, then hand-to-hand contact, on toys, equipment etc.
3. Symptoms are mainly Diarrhoea, Vomiting and abdominal pains
4. Schools have steps in place to control the spread of infectious disease. These include cleaning schedules, food safety management, personal hygiene and staff policies. However, keeping infectious diseases out of the setting is the best control
5. Always ensure your child is 48 hour symptom free before returning to school.
6. Schools are not equipped to look after sick children. You will be contacted to collect your child if they have symptoms related to infectious diseases, as other children may quickly become infected.
7. Always ensure the school has your up to date contact details and tell staff if you will be unavailable during the day or you have a change in your routine.
8. For more advice on infectious diseases, symptoms and how to reduce the spread please see:

www.hpa.org.uk/Topics/InfectiousDiseases

This leaflet was brought to you by the numbers **4** and **8** and the letters **D** & **V**. Please ensure your child is **48 hours symptom free** before returning to school.

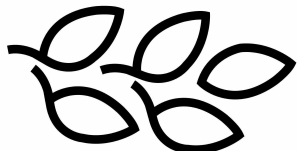


- 1 Gall clefydau heintus fod yn broblem fawr i feithrinfeydd a sefydliadau tebyg. Weithiau gall olygu gorfod eu cau am ychydig ddyddiau neu fwy.
- 2 Mae Cyngor Bwrdeistref Sirol Wrecsam yn gwybod ei bod hi'n anodd i rieni sy'n gweithio ond mae'n annheg ar y feithrinfa a'r plant eraill os ydych chi'n anfon eich plentyn i'r ysgol chithau gwybod ei fod yn sâl.
- 3 Os ydi'ch plentyn yn sâl ac yn mynd i'r ysgol gall roi plant eraill a staff mewn perygl. Mae pobl yn ymateb i heintiadau yn wahanol, er enghraifft gall aelod o staff sy'n feichiog fynd yn sâl iawn.
- 4 Gall ysgolion helpu i atal heintiadau rhag lledaenu. Mae ganddyn nhw bolisiau a threfnau pwrpasol yn eu lle. Peidiwch â gofyn iddyn nhw dorri'r rhain a rhoi eraill mewn perygl – peidiwch â mynd â'ch plentyn i'r feithrinfa tan y mae'r symptomau wedi clirio ers **48 awr**.

Tim Bwyd ac Iechyd a Diogelwch Cyngor Bwrdeistref Sirol Wrecsam Ffordd Rhuthun Wrecsam LL13 7TU

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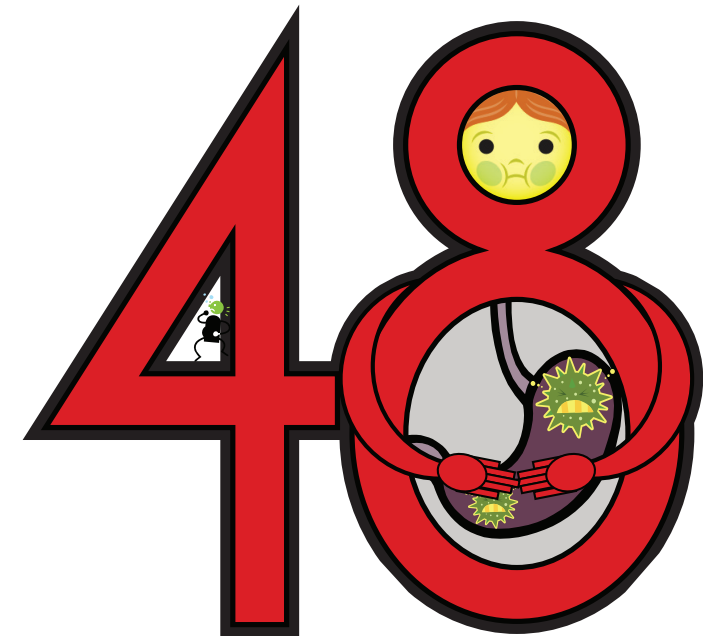


Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

1. Mae heintiadau'n cael eu hachosi gan: Bacteria e.e. Campylobacter/E.coli/ Salmonella Firws e.e. Norofirws/Rotafirws Parasit e.e. Cryptosporidiwm/Giardia
2. Gall heintiadau ledaenu sawl ffordd gan gynnwys drwy ysgarthion, drwy'r geg, drwy gyffwrdd mewn powl, teganau ac offer ac ati.
3. Y symptomau cyffredin ydi **d**olur rhydd, chwydu a phoen yn y bol.
4. Mae gan ysgolion gamau yn eu lle i reoli heintiadau. Mae'r rhain yn cynnwys amserlenni glanhau, rheoli diogelwch bwyd, hylendid personol a pholisiau staff. Fodd bynnag, cadw'r haint draw yn y lle cyntaf ydi'r ffordd orau o'i rheoli.
5. Gwnewch yn siŵr fod symptomau eich plentyn wedi clirio ers **48** awr cyn ei anfon yn ôl i'r ysgol.
6. Nid oes disgwyl i ysgolion edrych ar ôl plant sâl. Byddan nhw'n cysylltu efo chi i nôl eich plentyn os oes ganddo symptomau o salwch – gall ledaenu o un plentyn i'r llall yn gyflym iawn.
7. Gwnewch yn sir bod gan y ysgol eich manylion cyswllt diweddaraf a rhowch wybod i'r staff os na fyddwch chi ar gael neu os oes newid i'ch trefn feunyddiol.
8. I dderbyn mwy o gyngor ar heintiadau, symptomau a sut i atal heintiau rhag lledaenu ewch i:

www.hpa.org.uk/Topics/InfectiousDiseases

Cyflwynwyd y daflen hon gan y rhifau **4** ac **8** a'r llythrennau **D** a **Ch**. Gwnewch yn siŵr fod symptomau eich plentyn wedi clirio ers **48 awr** cyn ei anfon yn ôl i'r feithrinfa.



AWR