

FOUR OAKS PRIMARY SCHOOL NEWSLETTER

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www.fouroaksprimary.bham.sch.uk

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16th July 2021

Dear Parents and Governors

What a Year!

So, amazingly, we are at the end of another year and what a year it has been!

It has been a nearly 11 months spent in year group bubbles, where children have not been able to play with friends from other year groups. A year where lunchtimes have seemed to go on forever with no more than two bubbles in the hall at any one time. A year when sometimes the buildings have been very quiet with whole year groups missing. A year when everyone has had to change their teaching and learning styles to mould to the requirements of remote learning. A year that no-one would have designed or chosen, yet a year that we have all endured and still strived to be successful in.

The only reason we have been able to make the most of the limited possibilities and opportunities this year is because of the amazing team and family spirit here at Four Oaks Primary. And that involves everyone: parents and grandparents, pupils, teaching staff, support staff, kitchen staff, outside agencies, we have all been adamant that these difficult times are not going to beat us or grind us down, but that we can all be inventive and imaginative, and find different ways to get the important things done.

So thank you to everyone!

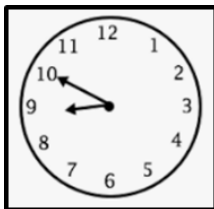
What is important now is that we all get to rest, take a breather, recharge our energy banks, and come back to school in September ready for (hopefully) a more normal year.



Organization for September 2021



Thursday 2nd September will be our first staff training day of the school year so school will be closed to all pupils.



Friday 3rd September is the first day of the new academic year and we look forward to welcoming our pupils from Year 1 to Year 6 back into school for lots of exciting learning. All children in these year groups may enter the school site between 8.50 and 9.00am either by the gates on Edge Hill Road or via the gully from Russell Bank Road. The children will continue to be independent in the mornings and come on site on their own. All parents are requested to remain off site.



Monday 6th September will see our youngest 20 new Reception pupils starting school. They will come onto site via the Infant gate on Edge Hill Road along with their parents at 9.10am. They will stay and play with their children, meet the new Reception staff and stay for lunch with their child. After lunch, all parents will leave and let the new Reception children play independently, returning at 3.20pm for pick-up. This routine will be the same on **Tuesday 7th September** for the middle 20 new Reception children and on **Wednesday 8th September** for the oldest 20 new Reception children.



Once our new Reception children have experienced their first day at school they will come to school between 9.00am and 9.10 am for the first two weeks. From the **week beginning 20th September** all Reception children will come into school between 8.50am and 9.00am to tie in with the rest of the school. All parents will be required to leave them at the front gate where school staff will shepherd the children into school.



Once we start back in September, unless the Government says differently during the Summer holidays, we will not be operating in year group bubbles...HOORAY I hear you all shout! This means that we will be able to run normal length lunchtimes, have mixed morning and lunchtime play sessions, re-start Infant, Junior and whole school assemblies, and have collective singing in school.



We will keep to the system that on days when the children have PE sessions then they will come to school already dressed in their PE kits. I must stress at this point that we expect every child to be dressed in a normal school PE kit and not in general sports gear of their own choosing. We need to retain the normal smart look of school uniform even on PE days! Please see our school prospectus for details of school PE kit. Also a reminder that trainers are not allowed other than on PE day!

Change of Date - End of Summer Term & Staff Training Days 2021-22

Birmingham City Council have now changed the date for the end of the summer term next year. This is due to schools being given this day in lieu of the bank holiday for the Queen's Platinum Jubilee. The last day of term is now Thursday 21st July but this will be a teacher training day so the **last day for pupils will be Wednesday 20th July**. Here are the dates for our staff training days for next academic year when school will be closed to all pupils. Please note that only 4 out of the 5 have been locked in place. The 5th day will be utilized for staff to train alongside other staff from our Learning Trust and as soon as we know that date we will communicate it to our parents.

Thursday 2nd September

Tuesday 4th January 2022

Tuesday 3rd May 2022

Thursday 21st July 2022

+ 1 more



Goodbye to Year 6

It is with a heavy heart that we have to bid a fond farewell to our fantastic Year 6 pupils. It is always a moment of mixed emotions at the end of the year for Year 6 as we will be really sad to see them leave, but also super proud of them after a fantastic 7 years here at Four Oaks Primary. We will be very excited to welcome them back to Four Oaks at any point if they want to come and share tales of their new adventures at many different secondary schools. Good luck to all of them and we hope that they really enjoy their celebration party when we welcome them back into school next Monday!



Sports Afternoons

The Infants sports afternoon was scheduled for this afternoon, and at time of writing the weather forecast looked really good so I'm sure they had a fantastic time and thoroughly enjoyed themselves. The Junior sports afternoon is in the diary for next Tuesday afternoon as we will have Year 4 and Year 6 back in school so that at least three year groups can take part. We all hope they enjoy their fun competitions!





Super Stars and Acorns



The following children received Stars (Infants) and Acorns (Juniors) in Assembly Last week. Well done to them all!!

Bumblebees	Zach/Nisharne/Eden
Ladybirds	Amanda/Veer
Owls	Poppy
Hedgehogs	Finlay
Turtles	Daisy/Charlotte B.
Sharks	Jacob / Amelia
3E	Not awarded
3R	Not awarded
4C	Molly
4G	Francis
5B	The Whole Class
5SB	The Whole Class
6E	Charlie
6W	The Whole Class



Super Stars and Acorns



The following children received Stars (Infants) and Acorns (Juniors) in Assembly this week. Well done to them all!!

Bumblebees	Kian/Oliver S./Elliot/James
Ladybirds	Phoebe/Aisha/Mati/The Whole Class
Owls	Poppy
Hedgehogs	All of Hedgehogs
Turtles	Noah/Lucy
Sharks	Arvin/Ezra/Zach
3E	Jayden/Bella
3R	Milo/Ben
4C	Daniel
4G	Oliver P./ Alayna
5B	The Whole Class
5SB	The Whole Class
6E	The Whole Class
6W	The Whole Class

Courtesy Cup Winners ~ last week

Reception	Alexa / Lily
Year 1	Samuel / Shay
Year 2	Jake/Harry/Harriet/Mahaan
Year 3	Not awarded
Year 4	Freddie D./Harry Cl.
Year 5	Alex T. / Jack R.
Year 6	Auryn / Oliver



Well done to all the winners!

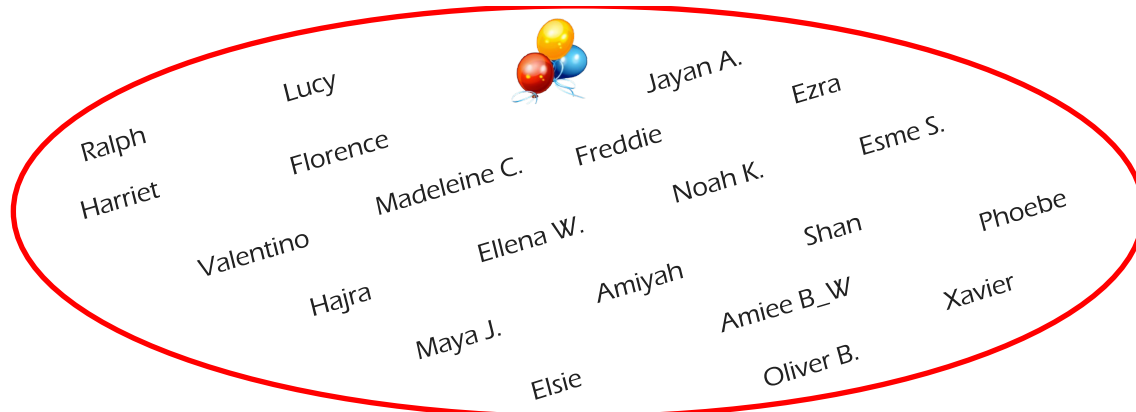
Courtesy Cup Winners ~ this week

Reception	Maya / Finley
Year 1	Callum / Charlie /Hector
Year 2	Salahuddin/Jayan/Charlie W/Lily
Year 3	Daisy / Lily-Mae
Year 4	Mila/Max
Year 5	Finn / Sarben
Year 6	The Year 6 teddy bears!



Well done to all the winners!

Infant Birthdays



Alison Mander—Kindness award

This Half Term it is awarded to:

Infants— Finley W. (Ladybirds)

Juniors— Elise B. (3E)



School Dinners and Milk

A polite reminder that all debts for school dinners and milk money should be paid before the end of term. Could parents also please advise before the end of term if their Junior child wishes to swap their choice of sandwiches or school dinners. Could you also please advise before the end of term if your child no longer wishes to have milk next year. Thank you.

Reading Book Amnesty

Could I ask all parents to check at home to see if any reading books (either Storyworld, Bug Club, or novels borrowed from staff) have gone astray, and if so, return them to school. Please don't worry....no questions will be asked, no names will be mentioned....but we do need them back so that we can start afresh in September with full sets of books. Many thanks!



Junior Tuck

From September, if we are not working in Year group bubbles, we will be re-introducing the chance for children in Y3 - Y6 to buy tuck when the Junior children have their morning break between 10.30am and 10.45am. The following items will be on offer so the children will not need a lot of money each day if they wish to take advantage of this opportunity:



Toast 30p Soft Drinks 70p Milkshakes 60p

YMES—Music Lessons Next Year



Attached to the newsletter on 18th June was a letter from YMES regarding learning to play a musical instrument next year. Three instruments are available: guitar, violin or keyboard. These lessons take place during school time with a peripatetic teacher. The lessons are available to all children in **Year 2 and above** next year. If you wish your child to start lessons please sign up using their portal. Could you please sign up by 23rd July if possible so that timetables can be arranged for next year. If your child already has lessons enrolment will be automatic for next year unless you contact YMES directly to cancel.

Mathletics Note



Our friends at Mathletics have asked us to pass the following message onto all parents:

We wanted to let you know that your child's Mathletics account will be refreshed on Monday 27th July 2021, ready for the results from the next school year.

What does this mean?

Results are reset so you'll only see the latest and most relevant results

Progress bars are reset so you can see how your children are progressing with this year's curriculum

What about their achievements?

Your child's avatar, certificates, and live Mathletics scores will still be there, ready for another exciting year of maths!

What do I have to do?

Your school will take care of everything.

They'll set your child's new curriculum and learning journeys, and you'll be able to use Mathletics at home in the meantime.

Readathon

Can we say an **ENORMOUS** thank you to parents, relatives and friends of our pupils who all sponsored the children for their readathon. We have raised a fantastic amount of money, over £5,000!!! We raised so much that Paypal couldn't receive any more in our account. If there are any parents who have yet to send in the sponsorship money please see the latest news section on the website which contains details of the bank account into which this can now be paid. Mrs Glover is looking forward to buying some wonderful new books for the whole school!



Free Maths Resources

White Rose Maths is teaming up with leading supermarket Morrisons, to give primary pupils a series of exciting and **FREE** workbooks to use at home. These workbooks are perfect for revisiting and practising work that children have covered earlier in the year, or to prepare them for the new school year ahead. Just follow this link for all the information: <https://whiterosemaths.com/morrison/>

Advice for Viral Infections

During the pandemic young children have not been exposed as often to the usual viral illnesses that they would normally develop immunity to. It is therefore expected that there will be more than the usual numbers of viruses in children particularly in the 0-5 age range in the coming months. We have attached some helpful information regarding when to seek advice if your child becomes ill from Birmingham NHS to this newsletter.



It's time to announce the winners of the final 200 Club prize draw of this academic year...

but before we do, the PTA would like to say a massive thank you to everyone who has supported the children at our school by buying a number and getting involved in our monthly raffle this year. We have had a lot of fun with it and have had some wonderful prizes donated by local businesses. Many of these businesses are run by parents or other family members / friends of pupils at the school and we would like to thank them all for their generosity too!

If you are not yet a member of the 200 Club and would like to be, or if you were a member this year, but have not set up a standing order for next year and would like to re-join, there are two ways to find out more. Please either scan the QR code above, or scroll across the 'Latest News' banner on the school website to find the clickable link to the registration form. Each number only costs £10 for entry into all 9 monthly prize draws (November 2021 - July 2022). That's 27 chances to at least win your money back and the Christmas draw has a 1st prize of £100 - that's got to be worth a flutter, hasn't it?

Have a wonderful summer and thank you again from all of us on the PTA!

1st Prize, £50 - Ball 113, Mrs L Phillips

Runner up 1, £10 - Ball 110, Miss Appleby

Runner up 2, £10 - Ball 158, Mr J Taylor

Bonus Prize-A Party Voucher for up to 10 children at Adventureland, Aldridge Ball 125, Mrs Z Phillips



A Big Thank You!



Lastly, but very definitely not leastly, I would like to say a HUGE THANK YOU to my wonderful staff.

The last eighteen months has, without doubt, been the most challenging and most difficult time in my 31 years in teaching. All staff have had to change and adapt their working styles, put in many extra hours, at times stand up to some public opinion that has been based on idle gossip rather than firm evidence, and yet everyone has willingly done everything they can for your children and ended the year still smiling. I count myself to be a very lucky man to have a team that work so hard, can take the knocks and yet bounce back to try their very best in all aspects of their chosen profession.

Thank you to all of you and I hope you have a very restful Summer break!



ICT Tip of the Week

Band Runner is a fun game from @Thinkuknow that puts children's knowledge about online safety to the test by asking them to help characters make safe choices in an online world. https://www.thinkuknow.co.uk/8_10/

If you have any queries regarding any of the above please do not hesitate to contact me.
Yours sincerely

Mr M Benton
Head Teacher

Have a great
Summer
Vacation!



Dear Parent,

During the pandemic young children have not been exposed as often to the usual viral illnesses that they would normally develop immunity to. We are therefore expecting more than the usual numbers of viruses in children particularly in the 0-5 age range in the coming months. One of the common viruses causes a condition called bronchiolitis which is a common childhood condition that we expect to be even more common this year and to place increased demand on local NHS services. A cough and/or shortness of breath might mean bronchiolitis.

Bronchiolitis is usually a mild disease causing a cough but some children can become very unwell. The condition is not expected to be any more serious than usual. Because of the numbers of children that may be affected we are taking this opportunity to circulate material to parents to give advice and confidence on managing a poorly child and to help highlight if your child needs more immediate medical attention. Most children will only be mildly unwell.

We have attached three documents to assist you, but always trust your instincts and call for help if you are not sure:

1. Local guidance with contacts to help you know when to seek advice
2. National guidance for under 1s
3. National guidance for over 1s

National guidance is from the Royal College of Paediatrics and Child Health. It is kept up to date and available from:

<https://what0-18.nhs.uk/parentscarers/worried-your-child-unwell>

We do hope that you find this information useful.

Kind regards,

Angela Brady

Dr Angela Brady

Deputy Chief Medical Officer, Birmingham and Solihull Clinical Commissioning Group

MBBS MSc (Med Leadership) DCH DRCOG MRCPG PgCert (Med Ed)

YOU SHOULD CHECK NHS 111 ONLINE / CALL 111 IF	
<ul style="list-style-type: none"> • Pink / red eyes / cough / runny nose • Ear pain less than 2 days • Mild tummy pain that comes and goes 	For up to date advice on COVID-19 and childhood illnesses/injuries visit: www.nhs.uk OR https://bwc.nhs.uk/ https://www.birminghamandsolihullccg.nhs.uk/your-health/children-s-young-people-and-maternity-services-during-covid-19
YOU SHOULD CALL YOUR GP/111 IF	
APPEARANCE <ul style="list-style-type: none"> • Mild allergic reaction (known or suspected) • New rash that fades when you press it 	BREATHING <ul style="list-style-type: none"> • Wheezing • Fast Breathing
BEHAVIOUR <ul style="list-style-type: none"> • Mild irritability/sleepier than normal • Moderate tummy pain • Vomiting and diarrhoea • Ear pain for more than 2 days 	OTHER <ul style="list-style-type: none"> • Temperature <ul style="list-style-type: none"> - More than 39 in child aged 3-12 months - More than 38 in a child for 5 days or more • Not passed urine for 12 hours
YOU SHOULD GO TO A&E IF	
APPEARANCE <ul style="list-style-type: none"> • Dizziness/feeling faint • Rash that doesn't fade when you press it 	OTHER <ul style="list-style-type: none"> • Swallowed foreign objects <ul style="list-style-type: none"> - Especially magnets/batteries • Temperature higher than 38 in a baby younger than 3 months old • Your child has a specific health care plan that tells you to go to A&E • Head injury
BEHAVIOUR <ul style="list-style-type: none"> • Severe tummy pain 	
OTHER <ul style="list-style-type: none"> • Burn • Possible broken bone 	
YOU SHOULD CALL 999 / GO TO A&E IMMEDIATELY IF	
APPEARANCE <ul style="list-style-type: none"> • Pale/Ashen/Mottled/Blue Colour • Collapsed/unresponsive/loss of consciousness • No obvious pulse or heartbeat • Severe allergic reaction 	BEHAVIOUR <ul style="list-style-type: none"> • Sucking in and out between ribs • Flaring nostrils • Extremely fast breathing • Noisy breathing
BEHAVIOUR <ul style="list-style-type: none"> • Extreme • Irritability • Pain • Sleepiness (can be woken but falls asleep immediately) • Seizure/jerking movements/fit 	OTHER <ul style="list-style-type: none"> • Bleeding from an injury, that doesn't stop after 10 minutes of pressure • Overdose of medication or other substances
MENTAL HEALTH SUPPORT 24/7 FOR ALL AGES IN BIRMINGHAM & SOLIHULL Call 0800 915 9292 / 0121 262 3555	
In Birmingham (FTB) - age 0-18 Years <ul style="list-style-type: none"> • 7 Days a Week 10am-6pm • 0207 841 4470 • Email: askbeam@childrenssociety.org.uk 	In Solihull (SOLAR) - age 0-18 Years <ul style="list-style-type: none"> • Mon-Fri 8am-8pm 0121 301 2750 • Weekends and Evenings 8pm-8am 0121 301 5500
Kooth – For 11-25 year olds in Birmingham and Solihull Peer to peer support through moderated discussion forums, self-care tools and resources and online mental health counselling and chat services from 12pm-10pm during the week, and 6pm-10pm at weekends: www.kooth.com	

Cough/cold in children 1 year and over - Advice Sheet

Advice for parents and carers

Cough is extremely common in children and usually gets better by itself with no specific treatment, although the cough often takes 2 to 3 weeks to disappear. Occasionally, children with cough can sometimes develop a chest infection.

When should you worry?



RED

If your child has any of the following:

- Is going blue around the lips
- Has pauses in their breathing (apnoeas) or has an irregular breathing pattern or starts grunting
- Severe difficulty in breathing - too breathless to talk or eat/drink
- A harsh noise as they breathe in (stridor) present all of the time (even when they are not upset)
- Becomes pale, mottled and feels abnormally cold to touch
- Becomes extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)
- Develops a rash that does not disappear with pressure (the "Glass Test")



AMBER

If your child has any of the following:

- Has laboured/rapid breathing or they are working hard to breathe - drawing in of the muscles below their lower ribs, at their neck or between their ribs
- A harsh breath noise as they breathe in (stridor) present only when they are upset
- Seems dehydrated (sunken eyes, drowsy or not passed urine for 12 hours)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up - especially if they remain drowsy or irritable despite their fever coming down)
- Has extreme shivering or complains of muscle pain
- Continues to have a fever of 38.0°C or above for more than 5 days
- Is getting worse or if you are worried



GREEN

- If none of the above features are present

You need urgent help.
Go to the nearest Hospital Emergency (A&E) Department or phone 999

You need to contact a doctor or nurse today.
Please ring your GP surgery or contact NHS 111 - dial 111 or for children aged 5 years and above visit 111.nhs.uk

Self Care
Continue providing your child's care at home. If you are still concerned about your child, contact NHS 111 - dial 111 or for children aged 5 years and above visit 111.nhs.uk

Cough/cold in children 1 year and over - Advice Sheet

Advice for parents and carers

Symptoms of a chest infection

Symptoms of a chest infection can come on over 24-48 hours or more slowly over several days. A child with a chest infection is usually very tired and looks unwell.

Common symptoms include:

- Prolonged fever
- Breathing faster than usual
- Using extra effort when breathing
- Being too breathless to feed (young children) or complete sentences (older children)
- Chest pain when breathing or coughing

Causes of cough

Most cases of cough in children (under 5 years of age) are caused by viral infections; your child may also have a runny nose, cough or earache.

Treatment

Most children with cough do not need antibiotics. That's because research has shown that antibiotics make very little difference to how quickly your child gets better. Antibiotics are usually only considered if your child has a high fever for more than 24 hours and is breathing faster than normal plus using extra effort when breathing. If your child has a wheeze and difficulty breathing, they are very unlikely to benefit from antibiotics but may benefit from inhalers. In addition, if your child has any amber or red features above, they will need to be urgently seen by a healthcare professional who may decide that your child may benefit from additional treatment. You can help relieve symptoms by:

- Giving your child paracetamol or ibuprofen if they have a fever
- Encourage your child to drink plenty of fluids
- It can take a few weeks for a child to fully recover from a cough. Children rarely cough up phlegm, but they are still clearing their chest. If you are worried that after an initial improvement, their cough is getting significantly worse, or not getting better after 4 weeks, you should take your child to see their GP. Most children make a full recovery from a chest infection with no lasting effects.

Prevention

It is not always easy to avoid catching these infections. However, good hygiene practices can prevent infections spreading.

- Wash your hands regularly and thoroughly
- Use a tissue when coughing or sneezing and put it in the bin
- Avoid sharing glasses or utensils with people who are unwell

www.what0-18.nhs.uk

This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight

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Cough/cold in children 1 year and over - Advice Sheet

Advice for parents and carers



FACT!

Antibiotics don't usually speed up recovery.



Coughs and colds generally improve without the need for antibiotics in otherwise healthy, vaccinated children

Unfortunately antibiotics can cause harm

3 out of 10



children who take antibiotics will experience side effects



Antibiotic resistance

Using antibiotics also drives the development of antibiotic resistant bacteria (which means that they are harder to treat with antibiotics). Healthcare staff and patients need to work together to make sure that we use antibiotics more wisely so that they remain effective when your child needs them most.



Antibiotics should only be used if their benefits are likely to outweigh their harms

Cough/cold in children under 1 year of age - Advice Sheet

Advice for parents and carers after contact with NHS 111



Coughs and colds are extremely common in young children and tend to occur more frequently over the autumn and winter months. They are usually caused by infection and most children get better by themselves. In general, antibiotics do not make them better more quickly. If they are finding it hard to breathe or are too breathless to feed, they may need to be looked after in hospital.

When should you worry?



RED

If your child has any of the following:

- Has blue lips
- Has pauses in their breathing (apnoeas) or has an irregular breathing pattern or starts gunning
- A harsh noise as they breathe in (stridor) present all of the time (even when they are not upset)
- Severe difficulty in breathing - too breathless to feed
- Becomes pale, mottled and feels abnormally cold to touch
- Becomes extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)
- Develops a rash that does not disappear with pressure (the 'Glass Test')
- Is under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other red or amber features)

You need urgent help.
Go to the nearest Hospital Emergency (A&E) Department or phone 999



AMBER

If your child has any of the following:

- Has laboured/rapid breathing or they are working hard to breathe - drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession)
- A harsh breath noise as they breathe in (stridor) present only when they are upset
- Seems dehydrated (sunken eyes, drowsy or not passed urine for 12 hours)
- Is becoming drowsy (excessively sleepy)
- Has a fever of 38°C or above for more than 5 days
- Seems to be getting worse or if you are worried

You need to contact a doctor or nurse today.
Please ring your GP surgery or call NHS 111 - dial 111



GREEN

Self Care
Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

Treatment

Most children with coughs/colds do not require treatment with antibiotics. Antibiotics rarely speed up recovery and often cause side effects such as rash and diarrhoea. They will also promote the development of antibiotic resistant bacteria in your child.

www.what0-18.nhs.uk

This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight

Cough/cold in children under 1 year of age - Advice Sheet

Advice for parents and carers after contact with NHS 111



Treatment continued

FACT!

Antibiotics don't usually speed up recovery.



Coughs and colds generally improve without the need for antibiotics in otherwise healthy, vaccinated children

Unfortunately antibiotics can cause harm

3 out of 10

children who take antibiotics will experience side effects



Antibiotics should only be used if their benefits are likely to outweigh their harms

- Keep your child well hydrated by offering them lots of fluids. If your child is not feeding as normal, offer smaller feeds but more frequently
- Cough syrup does not tend to help with coughs
- You can try using saline nose drops or spray if your baby has a blocked nose
- If your child has a runny nose and breathing difficulties, it is most likely that they have a condition called bronchiolitis. Most children with bronchiolitis get better by themselves with no specific treatment. Bronchiolitis is caused by a viral illness, so antibiotics are not helpful.

Symptoms of bronchiolitis

- Your child may have a runny nose and sometimes a temperature and a cough
- After a few days your child's cough may become worse and their breathing may get faster / more laboured
- As breathing becomes more difficult, your baby may not be able to take their usual amount of milk by breast or bottle
- Your child may vomit after feeding and you may notice fewer nappies than normal.

www.what0-18.nhs.uk

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Cough/cold in children under 1 year of age - Advice Sheet

Advice for parents and carers after contact with NHS 111



How long does bronchiolitis last?

- Most children with bronchiolitis will seem to worsen during the first 1-3 days of the illness before beginning to improve over the next two weeks. The cough may go on for a few more weeks
- Your child can go back to nursery or day care as soon as he or she is well enough (that is feeding normally and with no difficulty in breathing).

Prevention

It is not always easy to avoid catching these infections. However, good hygiene practices can prevent infections spreading.

- Wash your hands regularly and thoroughly
- Use a tissue when coughing or sneezing and put it in the bin
- Avoid sharing glasses or utensils with people who are unwell.