



Springfield Community Primary School  
Oxford Road, Burnley, BB11 3HP  
Telephone: 01282 437277  
[www.springfieldcps.lancs.sch.uk](http://www.springfieldcps.lancs.sch.uk)  
Headteacher: Mrs Samaira Nasim

15 May 2024

Dear Parents/Carers,

### Increase in diarrhoea and vomiting

We are currently experiencing increased reporting of diarrhoea and/or vomiting, consistent with viral gastroenteritis. This is often caused by Norovirus, a frequent cause of vomiting and diarrhoea in the community.

The most common symptom of Norovirus is vomiting. Diarrhoea tends to be short-lived and less severe than with other causes of gastroenteritis. Other symptoms can include nausea, abdominal cramps, headache, muscle aches, chills and fever. The illness is usually self-limiting in nature and gets better without antibiotics, which are not appropriate for viral illnesses. Symptoms usually last between one and three days.

We have received advice from the UK Health Security Agency (UKHSA). **Anybody reporting diarrhoea and vomiting should stay away from the setting until 48 hours after the vomiting and/or diarrhoea have stopped.** This is an important control measure which aims to limit the spread of this infection to others.

More information about Norovirus is available here:

<https://ukhsa.blog.gov.uk/2022/11/17/norovirus-what-to-do-if-you-catch-it-and-helping-to-stop-the-spread/>

Yours sincerely,

*Mrs S Nasim*

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Headteacher