



# Public Health England

November 2016

Dear parent or carer,

## Winter newsletter for parents and carers

I am writing to provide a winter newsletter from Public Health England (PHE) London. The document includes information regarding:

- **Anti-microbial resistance and steps that can be taken to help prevent the unnecessary use of antibiotics**
- **Influenza and the annual vaccination programme, which has this year been extended to include all children aged between two and seven**
- **Norovirus, also known as the ‘winter vomiting bug,’ and steps that can be taken to help reduce the risk of spreading infection**

Children are more susceptible to infectious diseases for a number of reasons including immature immunity, lack of prior exposure to infections and incomplete vaccinations. Social and environmental factors also play a part in children’s vulnerability and the spread of infections. Schools can be an ideal setting for transmission of infections as they provide an opportunity for close contact and sharing of communal facilities such as toilets. Advice on reducing the risk of the spread of influenza and norovirus can be found in the winter newsletter.

Other resources include the Stay Well This Winter Campaign which can be accessed online at <https://www.nhs.uk/staywell/#OZuZe6r38EZIDlbg.97> and the NHS Choices page regarding norovirus: <http://www.nhs.uk/conditions/Norovirus/Pages/Introduction.aspx>

More information on PHE’s Antibiotic Guardian campaign which invites people to choose one pledge about how they can personally prevent infections and make better use of antibiotics and help protect these vital medicines can be found online at the following link: <https://www.gov.uk/government/news/make-your-pledge-today-and-join-over-17000-antibiotic-guardians>

I hope you find this information useful.

Kind regards

**Elsie Acheampong**  
**Health Protection Nurse Specialist**  
**PHE- North West London Health Protection Team**