

Autumn/Winter Newsletter

Public Health

healthprotection@eastriding.gov.uk



Winter Checklist

Check	Prepared?
Senior staff are aware of need to report.	
Adequate PPE is available and safely stored including access to warm water and soap plus sanitizer.	
Cleaning checks and training is up to date.	
Your setting actively promotes and encourages access to appropriate vaccinations.	
Catch it, kill it, bin it principles are priorities throughout the winter period.	
Your setting is signed up to cold weather alerts.	

Sign up to cold weather alerts here!

Cold-Health Alerts - Met Office



GETTING WINTER READY

Winter brings higher health risks because cold weather helps viruses like flu and COVID-19 spread more easily, and people spend more time indoors, increasing the chance of infection. Vulnerable groups, including children and young people and those with chronic illnesses—are at greater risk, and cold conditions can worsen existing health problems. The NHS and care services also face extra pressure from more illnesses and weather-related injuries, making timely care more challenging. Preventive actions like vaccination, good hygiene, and supporting those most at risk are especially important during this season.

NOTIFY, NOTIFY, NOTIFY!

The best way to ensure resilience and preparedness for the winter period is prevention and early intervention. Reporting infections in your settings triggers support from agencies including the LA health protection team and the community infection prevention and control team. Early years settings can report infections in their settings here on the link below!

Infectious disease notification
- East Riding of Yorkshire Council - My Account



Vaccinations to remember!

September onwards 2–3-year-olds eligible for nasal flu vaccine through GP.

October onwards 2-3 years olds eligible for nasal flu vaccine through GP or pharmacy

October onwards any staff with long-term conditions eligible to receive flu vaccinations.

Hand Hygiene



Schools are a haven for potentially harmful

microbes that can spread rapidly. Hand washing helps protect us and others from the spread of these microbes. Our skin naturally secretes oil which helps to keep it moist, but this is a perfect place for

Expected Winter Illness (bugs)



During the winter period it is normal to see a rise in expected bugs these include:

- Respiratory illness including C19
- D&V
- Hand, foot and mouth
- Strep A infections

Settings are expected to report absences due to infectious illness via the electronic form (shared above). Reporting these initiates support if needed.

To guide the response to an increase in reported infections UKHSA have produced a guidance document that covers a range of infections.

[Health protection in children and young people settings, including education - GOV.UK](#)

Settings can also use trusted sources such as the NHS website or the local authority options include FISH.

If further or immediate support is required during normal working hours, please use the ERYC Health Protection single point of contact

Healthprotection@eastriding.gov.uk

Out of hours support can be obtained by phoning the regional health protection team at UKHSA

0300 303 0234.



Supported by

See booking details here: **[Book, change or cancel a free NHS flu vaccination at a pharmacy - NHS](#)**

PROTECTING KIDS FROM WINTER BUGS



IPC Support

As a service in East Riding of Yorkshire (ERY) you have access to a dedicated infection prevention and control team. The team can provide advice, support and guidance on cleaning, personal protective equipment and outbreak management.

They can also support settings with upskilling, cleaning product use and effective checklists.

Should you need support you can contact the team on the below details.

Call - 07851 260800

Email - hnyicb-ery.hullandeastridingipcte@m@nhs.net

microbes to grow and multiply and helps microbes 'stick' to our skin. Our hands can easily pick up harmful microbes from our surroundings, surfaces and even through the air. These harmful microbes can spread quickly and easily from child-to-child via touch and can make us poorly if swallowed.

Washing your hands is one of the best ways to stop harmful microbes from spreading and prevent us from becoming sick

e-bug is great resource to support learning moments for your children in your setting.

Find more details here: [Hand Hygiene](#)

Useful Documents (hyperlinks)

- [Protecting your child against flu: Information for parents and carers](#)
- [Group Strep A | Campaigns | Campaign Resource Centre](#)
- [Free Hand Washing Posters for Schools, Teachers and Parents](#)

If you need any further support regarding health protection or public health in your setting, please in touch on the below mailbox.

Queries related to this document can also be direct here.

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