

Winter/Spring Newsletter

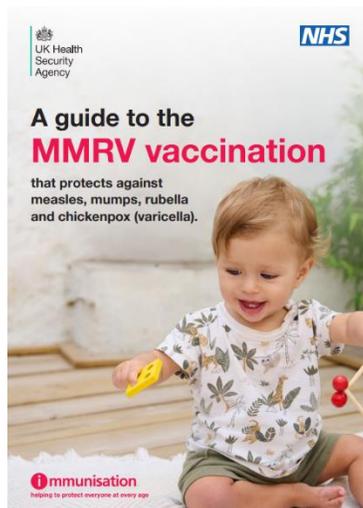
Public Health

healthprotection@eastriding.gov.uk



Changes to routine childhood vaccination schedule

Age of child	Vaccine
One year	PCV MMRV MenB
18 months	MMRV (dose 2) DTaP/IPV/Hib/HepB (6 in 1 vaccine)
3 years and 4 months	dTaP/IPV (pre-school booster) MMRV if a dose was missed



NEW YEAR, SAME BUGS

February is still a high-risk month for winter illnesses like flu and COVID-19. Cold weather and spending more time indoors make it easier for these viruses to spread. Children, older people, and anyone with long-term health conditions are more likely to get seriously unwell, and the cold can make existing health problems worse. The NHS also stays very busy at this time of year because more people need care for winter illnesses and weather-related injuries. Getting vaccinated, keeping up good hygiene, and checking in on those who might need extra support can help keep everyone safer in February.

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 changes

January 2026 onwards children under 6 will receive the MMRV vaccine. This is replacing the MMR vaccine, with the additional protection against chickenpox.

Although chickenpox is usually mild it can cause discomfort and in rare cases, complications.

Catch it, bin it, kill it

During this time of year, illnesses can spread easily. Alongside vaccination, good hygiene is essential in reducing infection in early years settings. Following the catch it, bin it, kill it approach helps limit the spread of viruses such as norovirus and flu, which have been on the increase. Ensure tissues are readily

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.

The combination vaccine has been safely used for decades in the US, Canada and Australia.

GPs will contact parents when child is due. See more information here: [A guide to the MMRV vaccination](#)



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.hullandeastridingipcteam@nhs.net

available in your settings to catch coughs and sneezes, and dispose of them immediately, as germs can survive on tissues and surfaces for several hours. Regularly cleaning frequently touched surfaces and washing hands thoroughly with soap and hot water are effective ways to protect both staff and child from illness.

Useful Documents

(hyperlinks)

- [Norovirus-Toolkit-for-Schools-Nurseries.pdf](#)
- [Free Hand Washing Posters for Schools, Teachers and Parents](#)
- [Danone recalls Aptamil First Infant Formula because cereulide \(toxin\) has been found in this batch | Food Standards Agency](#)

Settings may wish to share the following document directly to parents:

[FSA-PRIN-02-2026 Update 2 - Nestle recalls products due to possible presence of Cereulide](#)

