

Cold, Flu and Winter Illnesses

Dear Parents and Carers

As we approach the cold and flu season it may be helpful to share the links below. The links provide NHS advice on keep your children and young people safe this winter.

There is a link here for children with cough or flu symptoms

<https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/if-your-child-has-cold-or-flu-symptoms/>

This one is for adults and children about common winter illnesses

<https://www.nhsinform.scot/winter-illness/>

Norovirus information

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/norovirus/>

Information on diarrhoea

<https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/diarrhoea/>

