

Infection Prevention: Summer Preparedness in Education settings

Are you Summer Ready?

Being prepared for hot weather and heatwaves: focus on preparing your setting for hot weather and ideas to help keep safe during this period.

It is important that schools have plans in place to help staff and pupils cope with the heat. Identifying risks and taking appropriate steps can reduce the potential impacts of hot weather.

Things to consider include:

Heat source - Invest in blinds or reflective film on windows to stop the sun entering and heating a room. If needed relocate to a cooler room or work outside in shaded areas.

Lack of shade – create shady areas using, awnings, overhangs, parasols, or trees.

Timings – Avoid sports days or other strenuous activities during the hottest part of the day, 11am – 3pm. Arranging activities for outside of these times.

Training and information – Inform staff of the signs and symptoms of heat stress and treatment. Incorporate sun protection within staff and children’s learning and inform parents of the importance of sun protection.

Reduce risks – Providing access to drinking water, ensuring children and staff wear hats and if possible, these to cover the face, neck, and ears. Apply sunscreen every 2 hours and provide sufficient shade.

Guidance and information can be found here:

- [Looking after children and those in early years settings before and during hot weather: teachers and other educational professionals - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/looking-after-children-and-those-in-early-years-settings-before-and-during-hot-weather)
- [Beat the heat: staying safe in hot weather - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/beat-the-heat-staying-safe-in-hot-weather)

Infection Prevention Advice

Farm Visits

Visiting a farm is an educational and enjoyable experience for many children. However, it does carry a small risk of catching infection from animals or the environment. Farm animals can be the source of several bugs that can be passed from animals to humans and can cause illness. Some can be particularly serious for children and pregnant women.

Washing your hands thoroughly with soap and water immediately after contact with animals will reduce the risk of infection. [How to stay safe from infections carried by animals when visiting a farm – UK Health Security Agency \(blog.gov.uk\)](#)

Ticks and Lyme disease

Lyme disease is a bacterial infection that can be spread to humans by being bitten by an infected tick. Ticks are usually found in areas with tall grasses and woodland but can be found all over the UK. It's important to be aware of ticks, symptoms of Lyme disease and actions to take. [Lyme disease - NHS \(www.nhs.uk\)](#)

Outdoor Water Safety

As temperatures start to rise, children and young people might be tempted to cool off with a swim in open water, such as a lake, local river, canal, or reservoir.

It is important to highlight the dangers and consequences of entering/swimming in open water as increasing numbers of children put themselves at risk of drowning. [Open Water Safety Tips \(rlss.org.uk\)](#)

The risk of infectious diseases causing stomach upsets is also high, particularly with the risk of animal waste and sewage entering streams and rivers.

Vaccinations

Getting vaccinated protects those who are too young to be vaccinated and those who are vulnerable in your community. [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](#)

MMR – We are encouraging people to check that their immunisations are up to date and to catch up on any missed doses to stay protected.

Pertussis – Otherwise known as Whooping Cough is also on the rise. We are particularly encouraging pregnant women to discuss this vaccine with their health professional. This is a safe vaccine to have during pregnancy and ensures that their baby is protected from birth.

Vaccinations - is your child up to date?

Getting our children vaccinated is the most important thing we can do to protect them against serious diseases. Check your child's health record (red book) or contact your GP to make sure they are up to date.

Age group	Vaccines	To protect your child against
Babies less than 12 months	6 in one vaccine	Diphtheria, hepatitis B, polio, haemophilus influenzae type b (Hib), tetanus, whooping cough
	Pneumococcal vaccine	Pneumonia, sepsis (blood poisoning), meningitis
	Rotavirus vaccine	Rotavirus
	MenB vaccine	Meningitis and sepsis
Toddlers aged 1 to 3	Pneumococcal vaccine	Pneumonia, sepsis (blood poisoning), meningitis
	MenB vaccine	Meningitis and sepsis
	Hib B / Men C	Haemophilus influenzae type b (Hib) and meningitis C
	MMR	Measles, mumps and rubella
	Children's flu vaccine	Flu
Children aged 3 to 11	Children's flu vaccine	Flu
	MMR	Measles, mumps and rubella
	4 in 1 pre-school booster	Diphtheria, tetanus, polio, whooping cough
Teenagers aged 12 to 14	HPV vaccine	Cancers caused by the human papillomavirus (HPV)
	3 in 1 teenage booster	Diphtheria, tetanus, polio
	MenACWY vaccine	Meningitis and sepsis

For more information visit [nhs.uk/child-vaccines](https://www.nhs.uk/child-vaccines)