

# Important news for parents and carers

**Winter viruses and  
infections such as  
Covid-19, Flu and  
Scarlet Fever are  
making people ill**

**How you can help  
keep all of us safe**



# What you can do



Keep your child off school or nursery if they have a high temperature. Do not let them go back until they feel better and the fever has gone.



Tell your child to wash their hands with soap and water.



Get them to cough or sneeze into a tissue, then put it in the bin.



If you do not feel well, stay at home. If you have to go out, wear a face mask.



If you are ill, do not visit care homes or people in hospital unless it is urgent.



Get your Covid and Flu jab – see our website: [www.manchester.gov.uk/getmyjab](http://www.manchester.gov.uk/getmyjab)

**Thank you for helping to keep Manchester safe**