

# Schools Health Protection Update

Hertfordshire County Council



July 2026

## Health Protection Update: Summer Term

This newsletter contains recommended Public Health content to inform school staff, assemblies, and important messaging home to parents.

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Next issue due – October 2026



## Information for School Staff

In the parent's issue of this newsletter there is a section on water safety at home. Can we please ask that the Parents newsletter is sent out so that parents get this important information. The [parent's newsletter](#) and a [water safety leaflet](#) can be found on [The Grid](#). If you would like a PDF version of the newsletter and leaflet, please email [HertsHPT.SPOC@hertfordshire.gov.uk](mailto:HertsHPT.SPOC@hertfordshire.gov.uk). Thank you.

### General Reminder

As we move into Summer it is important to remember that many viruses such as Measles, Chickenpox, and Norovirus will be circulating. Please continue to reinforce the following:

- Handwashing using soap and warm water, this is one the most effective ways to stop germs from spreading, please ensure pupils do this particularly before mealtimes and after using the toilet.
- Catching coughs and sneezes in a tissue, putting used tissue it in the bin immediately and washing hands after.
- From time to time, children may be too unwell to attend school. For minor illnesses such as colds, sore throats, coughs etc, parents should be encouraged to send their children to school **unless they have a fever or a rash.**
- If a child or member of staff has been sick or had diarrhoea they should not come to school, nursery or work until they have not been sick or had diarrhoea for 2 days.
- Regular cleaning of high touch surfaces, equipment, and communal areas is important.

The UK Health Security Agency has produced a blog for parents on summer health earlier this month. It includes information on some common seasonal infections and hazards please do share. [A parent's guide to summer infections and health hazards – UK Health Security Agency](#)

Additional resources for schools:

[e-Bug resource](#) has lots of free resources on educating children about stopping the spread of infection.

Information for staff on managing specific infections can be found here [Health protection in children and young people settings, including education - GOV.UK \(www.gov.uk\)](#)

[The Measles – Information pack for early years, education and childcare settings](#) is also available to assist schools in supporting the management of measles cases.

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## Vaccination programme

School Vaccination Programme – Autumn Term

Vaccination plays a key role in protecting pupils from serious illness, reducing the spread of infection within school settings, and safeguarding vulnerable members of the community.

This autumn, the School Immunisation Team will be visiting your school to deliver the following vaccinations:

Flu vaccine – usually administered as a quick nasal spray

HPV vaccine – for Year 8 pupils (injection in the upper arm)

Catch-up vaccinations – for pupils who have missed routine immunisations

Parents and carers will receive a consent form via SMS ahead of the session. Schools are asked to support by reminding families to complete consent forms promptly to maximise uptake.

Vaccination sessions will take place during the school day and will be delivered by a trained NHS team. Most pupils will be vaccinated quickly and return to lessons within a few minutes.

If pupils miss their vaccination, catch-up clinics will be arranged, with details shared following the school visit.

Further information is available via:

[Service details | Hertfordshire Community NHS Trust](#)

The immunisation team is experienced in supporting pupils who may feel nervous or anxious, as well as those with additional needs. Reasonable adjustments can be made where required.

For any queries or to discuss arrangements, please contact the team on 0300 500 555 (Option 7).

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## Relationships and Sexual Health – Guidance for working with children and young people in Hertfordshire

Public Health Hertfordshire have revised [local guidance](#) designed to support anyone working with young people in Hertfordshire on issues related to relationships and sexual health.

The guidance aligns with the national [RSHE curriculum \(2025\)](#) to support its delivery and ensure young people are aware of local support and services. Even if staff and services are not working in an educational setting, we encourage you to adopt the same principles and approaches outlined in the RSHE guidance when supporting young people.

This resource provides practical advice, information, and links to both local services and national resources. It covers key topics, including:

- Safeguarding
- Relationships, Sex and Health Education (RSHE / RSE)
- The Law and Sexual Consent
- Providing Sexual Health Information and Advice
- Harmful Sexual Behaviour and Exploitation
- Sexually Transmitted Infections (STIs)
- Local Services
- Contraception
- Pregnancy
- Inclusive Health

Further information can also be found in the RSHE section on the [Hertfordshire Grid for Learning](#)

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## **Travelling Abroad? – Protect yourself from mosquito bites**

The UK Health Security Agency (UKHSA) is reminding people to take precautions against mosquito-borne infections during the upcoming travel period.

Mosquito bites can have a range of consequences, from mild irritation to more serious health risks. Most commonly, bites cause itching, redness and swelling due to an allergic reaction to mosquito saliva, which can sometimes lead to skin infections if scratched excessively. More significantly, mosquitoes can transmit infectious diseases such as malaria, dengue, Zika virus and West Nile virus, particularly in certain parts of the world. These illnesses can cause symptoms ranging from fever and joint pain to severe complications affecting the nervous system or other organs, making mosquito bite prevention an important public health measure both at home and when travelling.

Check the <https://travelhealthpro.org.uk/> website for latest advice on your destination. Consult with GP, pharmacy or travel clinic before travel for advice.

For further information, visit, [Travellers reminded to protect themselves against mosquito bites - GOV.UK](#)

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## Promoting antimicrobial resistance (AMR) awareness

Antibiotics are medicines that treat bacterial infections. Bacteria are becoming increasingly resistant to common antibiotics used to kill them, meaning the antibiotics do not work as well and makes infections much more difficult to treat. Here is a short video that explains more about AMR

[What is AMR?](#)

Schools can play a vital role in raising awareness of AMR among children.

UKHSA [e-bug](#) resource has a plethora of lesson plans, games, posters and digital activities which can be used by schools all year round.

Lessons are designed to complement the national curriculum and can be used to engage & educate pupils in key stage 1-4 in areas such as antibiotic use and AMR, hand and respiratory hygiene and the importance of vaccinations to help to prevent infection and the need for antibiotics.

[Antibiotic Guardian Youth Badge](#) engages young people on antibiotic resistance and motivates them to keep antibiotics working through reducing infections and using antibiotics responsibly.

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## Heat Health Guidance – 2026

In line with the UK Health Security Agency (UKHSA) Adverse Weather and Health Plan, hot weather can increase the risk of dehydration, heat exhaustion and sun-related illness in children. School staff can help protect pupils by encouraging regular drinking of water, reducing strenuous physical activity during the hottest parts of the day, providing access to shade and cool indoor spaces, and promoting sun protection such as hats and sunscreen. Younger children and those with underlying health conditions should be monitored closely, and daily activities should be adapted in response to hot weather alerts to keep everyone safe.

Further information can be found on the UKHSA website

[Looking after children and those in early years settings during heatwaves - a guide for teachers and professionals](#)

[Beat the heat hot weather advice](#)

[Heat Summary for teachers working with vulnerable people and children](#)

[Hot weather and heatwaves: guidance for schools and other education settings – The Education Hub](#)

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## Defibrillator & Bleed Control Kit Update

Hertfordshire County Council's Defib Conversion Project, delivered in partnership with the **Hearts for Herts** charity, is due to end over the summer. Although the jointly run programme will be ending, schools that are still interested in arranging a defibrillator conversion for their site can continue to do so independently. Further support and advice may be available directly from [Hearts for Herts Charity](#), and interested schools are encouraged to contact Justin at [Justin@heartsforherts.co.uk](mailto:Justin@heartsforherts.co.uk) for more information.

To see further information about the Schools Conversion Project and the activation evidence to support the conversions, please visit our [Storymaps](#).

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