

28th September 2016

Dear Parent/Carer

Re: Attached letter and fact sheet from Public Health England

Please see attached letter (received 27th September 2016) and fact sheet from Public Health England, North East & North Central London concerning a student. This is an isolated case, and we have been advised that this is highly likely to have been contracted during the school holidays.

If you have any queries, PHE advise that you contact your local Health Protection Team. Contact details are noted within the attached.

Yours sincerely



Jennie Montgomerie
Deputy Principal

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27 September 2016

To All parents/carers of students attending Green Spring Academy Shoreditch

Case Ref 1192345

We have been notified that there has been a case of Hepatitis A at the school concerning a student. Hepatitis A is a viral illness spread by the consumption of contaminated food or water. Hepatitis A is now an uncommon infection in the U.K and many cases are related to travel overseas. It is very likely this infection is related to overseas travel as well.

Symptoms include flu-like symptoms and jaundice (yellowing of the skin) which gradually clear over time. Often hepatitis A often does not cause any symptoms, particularly in children, who may be unaware that they have had the infection. Most people recover and have no long term problems.

Hepatitis A can be passed from person-to-person, particularly between close contacts and those living in the same household. Spread of infection can be prevented by good hygiene, especially hand washing, and vaccination.

It is very unlikely that the single case could have spread the infection to others, but as an extra precaution, a factsheet is enclosed so that parents are aware of this, and can lookout for signs and symptoms.

If you want to learn more about hepatitis A please visit:
<http://www.nhs.uk/conditions/Hepatitis-A/Pages/Introduction.aspx>

If you have any queries, please call your local Health Protection Team (contacts as above).

Yours sincerely,

Alix Johnson
Health Protection Specialist



What is Hepatitis A?

Hepatitis A is a virus which causes your liver to become swollen and tender.

What are the symptoms?

After the virus enters the body, there are no symptoms for two to six weeks. Some people, particularly young children, may only have a mild illness. They may not know they are infected although they can pass on the virus to others. A few people, especially the elderly, develop a serious illness and need to be looked after in hospital.

General symptoms are often mistakenly diagnosed as flu (tiredness, aches and pains, a fever and/or loss of appetite). You may also experience sickness, stomach ache and/or diarrhoea. These symptoms may last for a week or more. Then **jaundice** may develop. Jaundice is easily noticeable because the whites of the eyes go yellow, and in more serious cases the skin goes yellow, urine may turn dark and bowel motions become pale.

It will take a while to recover from hepatitis A. Most people feel better within a few weeks although they may feel tired and lack energy for many more months. Once you have recovered, you will never be infected with hepatitis A again. Unlike other hepatitis viruses, Hepatitis A does not cause long-term liver damage.

How is Hepatitis A passed on?

Hepatitis A is passed from person to person by eating food or drinking water contaminated with the virus. Fruit, vegetables and uncooked food washed in contaminated water can cause infection, especially in hot countries. Shellfish can be infected if it comes from sea contaminated with sewage. Cooked food is safe but can be contaminated if it has been handled by someone with the virus. The virus is passed out in the bowel motions of an infected person. The illness can spread easily within families and where people live closely together. It can also be caught after caring for infected people.

How do I prevent passing it on to others?

The most important way of ensuring that it is not passed on to other people is by maintaining personal hygiene so that other people do not come into contact with the virus in your faeces. This means that you must make sure that your **hands are washed thoroughly**

- After going to the toilet
- Before preparing and eating meals
- After dealing with sick people, their clothing/bedding
- After dealing with soiled nappies/clothing

Who can I call if I need additional information?

Your GP or NHS 111