

Winter Wellbeing
A Guide for Parents and Carers

Working together to keep children healthy, learning and thriving throughout winter.

Help keep your child healthy this winter Winter is a time when illnesses such as colds, flu, COVID-19, norovirus and RSV can spread more easily. Simple everyday actions can help protect children, families and school communities.

Protect against flu

Flu vaccination helps protect your child and those around them.

All school-aged children from Reception to Year 11 are offered a free flu vaccination each year in Powys.

- **Look out for your school's flu clinic date and complete the paper consent form even if you previously completed the e consent version**
- MIssed the first clinic? School nurses return to schools for a follow-up visit
- If you are unsure about vaccination, click on the link for more infomration

PTHB Flu Vaccinations

When should my child stay home?

Most minor coughs, colds and runny noses do not need time away from school if your child feels well enough to take part.

Keep your child home if they:

- have a high temperature and are unwell
- Have vomiting or diarrhoea
- have an infection with a specific exclusion period
- are too unwell to manage a normal school day

Vomiting or Diarrhoea?

Keep your child away from school until 48-hours after the last episode

Not sure? Visit the full Public Health Wales Exclusion Guidance for more details here

Small actions help stop germs spreading



Wash hands

Use soap and water regularly, especially after using the toilet, before eating and after coughing, sneezing or blowing noses.



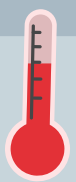
Catch it, bin it, kill it

wash hands
Use a tissue for coughs and sneezes, put it straight in the bin and wash hands afterwards.



Let fresh air in

Open windows or vents when practical to help refresh indoor air. Opening a window even for a few minutes can make a difference



Stay Home when ill

Staying at home while they recover can help reduce the spread of illness and protect others.

These simple steps can help reduce the spread of winter illnesses, protect vulnerable people and support children to stay healthy and ready to learn throughout the winter months.

Sources: Public Health Wales Exclusion Periods for Common Infections & Winter Wellbeing Toolkit; Powys Teaching Health Board School-Aged Flu Vaccination Programme.
Information reviewed: September 2026. Please use the linked official guidance for the most up-to-date advice.

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