



UK Health
Security
Agency

UKHSA London Region
0300 303 0450
london.region@ukhsa.gov.uk

For PII please use:
phe.london.region@nhs.net

www.gov.uk/ukhsa

Enfield Heights Academy
1-3 Pitfield Way
Enfield EN3 5BY

Our reference:
NL 200397678

20 January 2025

RE: Acute Respiratory Infection symptoms and actions: Letter to parents/ carers of pupils

Dear Parent/Guardian,

This letter is to inform you that we have received reports that a number of pupils and staff have been unwell with [respiratory symptoms](#) (including COVID-19 and Flu) within the school.

We are continuing to monitor the situation and are providing the following advice:

1. The school remains open and anyone who is feeling well should continue to attend as normal. **Please note**, that if anyone with a **high temperature or feeling unwell**, should **NOT** attend school, nor should they mix with others outside of the setting, until they no longer have a high temperature and are well enough to attend.
2. Anyone with a complex medical history (e.g. long-term underlying illness), **should seek prompt medical advice from their doctor/GP** if they develop any respiratory symptoms.
3. [Respiratory infections](#) are common in children and young people, particularly during the winter months. [Symptoms](#) can be caused by several respiratory infections including the common cold, [COVID-19](#), [flu](#), and [respiratory syncytial virus \(RSV\)](#). For most individuals these illnesses will not be serious, and they would be able to recover soon. **If you have any concerns**, then please do consult your doctor/GP for advice and medical assessment.

Flu vaccination: Anyone eligible for seasonal flu vaccination, and has not received it this year, should aim to get this as soon as possible.

- Children in Reception to Year 11 who have not yet received their flu vaccination this academic year can contact Vaccination UK to book a vaccination at one of their local community clinics. Their contact details are: 0208 150 7505, or by email: enfield@v-uk.co.uk
- For any child aged 2 or 3 on 31st August 2024 (which includes those who may have turned 4 since then), please contact your GP.
- Any child aged 6 months to under 18 years in a clinically at-risk group can also receive the flu vaccine at your GP surgery. Please contact your practice if you are unsure regarding eligibility.

- For more information on flu & vaccination eligibility and how to book, please [click here](#)
- Vaccination UK's website can be found [here](#)

For further information click on each:

[Living safely with respiratory infections, including COVID-19](#)

[People with symptoms of a respiratory infection including COVID-19](#)

[Respiratory tract infections \(RTIs\) - Flu](#)

Yours sincerely,

Xenia Koumi

Public Health Specialty Registrar

North London Health Protection Team