

13th November 2025

Middlesbrough Council
PO Box 505
Fountain Court
119 Grange Road
Middlesbrough
TS1 2DT

Dear Parents and Carers,

Flu season has started earlier than usual this year. There are more cases of flu in children than we normally see at this time. COVID-19 is still around, and other winter bugs like RSV (a virus that affects breathing) and norovirus (a sickness and diarrhoea bug) are also spreading.

This means lots of germs are going around in the community. To help keep everyone safe and well, it's important to:

- Get you and your child's vaccines when they are offered.
- Teach children to cover their mouth and nose when they cough or sneeze.
- Wash hands often.
- Keep places clean.

Flu and other winter illnesses can make children very poorly. Every winter, thousands of children who don't have other health problems need hospital care because of these illnesses. Vaccines help protect your child and also protect babies, pregnant women, and older people who can get very sick.

If your child or anyone in your family can have a flu vaccine or other seasonal vaccines, please book an appointment now. Don't wait. You can also check if your child is up to date with all their NHS vaccines. If you have missed any, contact your GP or local pharmacy to catch up.

For more advice on children's health, visit [Healthier Together](#). You can look up illnesses and find out when to get help. There is a QR code on the posters we've sent with this letter.

Please also learn the signs of sepsis, which can happen more often in winter when people are ill with infections. Sepsis is very serious. You can find more information at [The UK Sepsis Trust](#).

Thank you for helping keep our community healthy.

Your Sincerely

A handwritten signature in black ink, appearing to read 'S Slater'.

Sarah Slater
Advanced Public Health Practitioner
Public Health South Tees