

STAYING HEALTHY AND SIGNS TO LOOK OUT FOR IF YOUR CHILD IS UNWELL

Has your child had their free flu vaccination?

Eligible children include:

- children over the age of six months with a long-term health condition
- children aged two and three on 31 August 2017 – that is, born between 1 September 2013 and 31 August 2015
- children in reception class and school years one, two, three and four

Undecided? .

More information can be found online at <http://www.nhs.uk/>

You may also find it helpful to watch the following:

https://www.youtube.com/watch?time_continue=7&v=T4BVgQAOf-8 (Monkey wants children to get their flu vaccine)

Is your child up to date with their vaccinations or due vaccination this year?

Age 12-13 (Year 8) 1st dose HPV (Girls only)

Age 13-14 (Year 9) 2nd dose HPV (Girls only)

Age 13-14 (Year 9) Tetanus, Diphtheria, Polio, Meningitis ACWY

Age 14-15 (Year 10) Tetanus, Diphtheria, Polio, Meningitis ACWY (anyone who didn't have this last year)

If your child has missed these vaccinations, or is due to receive any of these and not in school, please contact **the immunisations team** on **01392 356144**.

The 48 hour rule

If you or your child has had diarrhoea and/or vomiting please ensure that symptoms are clear for 48 hours before going out and about. There is a risk of spreading the infection by earlier return to school, work, leisure venues etc.

Have you downloaded the free **HANDi paediatric app** - Expert advice for common childhood illnesses?

The app contains information about when and how to ask for help, along with what to expect when your child is being assessed.

The conditions covered are:

- Diarrhoea and vomiting
- 'Chesty baby' illnesses, such as bronchiolitis, asthma and croup
- 'Chesty child' illnesses, such as wheezing and asthma
- High temperature
- Abdominal pain
- Common newborn problems

Download links:

Apple - <https://itunes.apple.com/gb/app/handi-paediatric/id969445171?mt=8>

Android -

https://play.google.com/store/apps/details?id=com.myoxygen.handi.taunton&hl=en_GB

Preventing the spread.....

Remember to wash your hands

Cough/sneeze in to tissue and put the tissues in the bin. Use arm/hand if no tissue available and then wash hands.

Stay at home if unwell

More information and resources online at <http://www.e-bug.eu/> and <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

SEPSIS – Do you know how to recognise the signs?

SEPSIS, also known as blood poisoning, is the reaction to an infection in which the body attacks its own organs and tissues. It is a potentially life-threatening condition, however it can be easily treated if caught early. Sepsis could occur as the result of any infection and can initially look like flu, gastroenteritis or a chest infection.

If your child is unwell with either a fever or very low temperature (or has had a fever in the last 24 hours), just ask: could it be SEPSIS?

Any child who:	Any child under 5 who:
<ul style="list-style-type: none"> – Is breathing very fast – Has a ‘fit’ or convulsion – Looks mottled, bluish, or pale – Has a rash that does not fade when you press it – Is very lethargic or difficult to wake – Feels abnormally cold to touch 	<ul style="list-style-type: none"> – Is not feeding – Is vomiting repeatedly – Hasn’t had a wee or wet nappy for 12 hours

Seek medical help urgently if you develop any or one of the following:

Slurred speech or confusion

Extrême shivering or muscle pain

Passing no urine (in a day)

Severe breathlessness

It feels like you’re going to die

Skin mottled or discoloured

Might have SEPSIS. Call 999 and just ask: could it be SEPSIS?

You can also find out more information at: <https://sepsistrust.org/news/what-is-sepsis/>

Looking after our mental health is equally important.

We all know about 5 a day but how many of our 10 a day are we getting?

Talk about your feelings

Stay active in mind and body

Eat well

Be proud of your very being.

Do something you are good at and enjoy

Ask for help

Take a break

Keep in touch with the people you care about

Stay hydrated

Actively care for others

Free, safe and anonymous online support for young people - <https://kooth.com/>

ONE SMALL STEP

Are you looking to make a change to become healthier?

Do you want to:

- lose weight?
- become more active?
- Quit smoking? or
- reduce your alcohol intake?

One Small step is a tailored service for adults in Devon. It offers support when and how you need it with information, advice and guidance available online, by telephone and through coaching so you can start making small changes to feel healthier today.

Find out more at: <https://www.onesmallstep.org.uk>

To speak to a Wellness Advisor please call 0800 298 2654 (Freephone) or 01392 908 139 (Local rate) Monday to Friday 9.00am - 6.30pm or email team: hello@onesmallstep.org.uk

Please remember it is usually recommended that your child has a check up at the opticians every 1-2 years and every 6 months at the dentist.

If you do not have an NHS dentist and are having problems finding one then please contact 0333 006 3300.

If your child is asthmatic they should also have an annual review with the Practice Nurse at your GP surgery.

YOUR SCHOOL NURSE TEAM:

Should you have any questions or concerns regarding your child's health and how they can be supported in school please contact your School Nurse

By ringing 0333 234 1901

We value your feedback – Please visit: www.devonintegratedchildrensservices/public-health-nursing

