



Keeping well this winter

An information leaflet from your Children's Public Health 0-19 Nursing Service, November 2020

Dear parent/carer

Hello from your Children's Public Health 0-19 Nursing Service!

We are a team of specialist nurses and health professionals here to support the health and well-being of families with school aged children in Nottingham City.

In the past we were known as 'School Nurses' but we don't just work in schools, we work with school and college aged children and young people up to the age of 19.

This year has been a very strange and difficult time for all of us due to COVID-19!

As you may not have seen much of us this year due to school closures and COVID-19 restrictions we thought we would provide you with some information to help keep you and all of your family healthy through the winter months.

**We would also like to introduce our
new TextHealth Messaging Service
07480 635002**

This is a confidential text service for parents and carers to ask questions about your child's health and well-being; parenting advice and support; child development and family health.

The service operates between 8.30am and 5pm, Monday to Friday (excluding bank holidays).

One of our Public Health Nurses will respond within 24 hours.



**I am worried about my
child's development.**

**I'm here to help.
Whatever is worrying
you, let's talk it through.**

We are a confidential text service for parents and caregivers that you can talk to about:

- Feeding and nutrition
- Sleep
- Toilet training
- Parenting advice and support
- Child development
- Family health

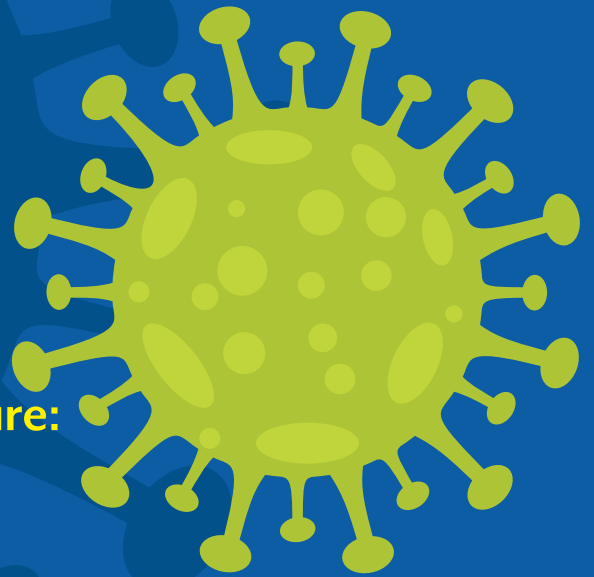
Text a Public Health Nurse on

07480 635002

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates. For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information

Coronavirus COVID-19



The main symptoms of coronavirus are:

- **a high temperature**

this means you or your child feel hot to touch on the chest or back
(you do not need to use a thermometer)

- **a new, continuous cough**

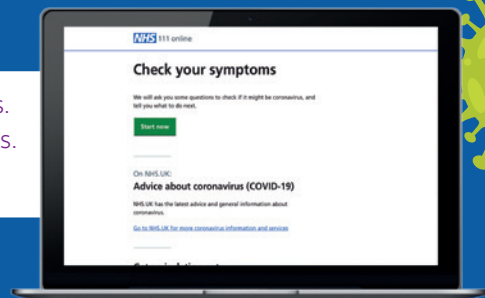
this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
(if you usually have a cough, it may be worse than usual)

- **a loss or change to your sense of smell or taste**

this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.
Your child may not be able to communicate this to you but you may notice that their eating habits have changed.

Most people with coronavirus have at least 1 of these symptoms.
Use the NHS 111 online service if you are worried about symptoms.

🖱 <https://111.nhs.uk/covid-19/>



Please see the latest letter to parents about when to get your child tested here:

🖱 <https://www.gov.uk/government/publications/guidance-to-parents-and-guardians-when-you-should-book-a-coronavirus-test-for-your-child/letter-to-parents-and-guardians-when-you-should-book-a-coronavirus-test-for-your-child>

Get the latest advice about COVID-19 here:

🖱 <https://www.nhs.uk/conditions/coronavirus-covid-19>

Nottingham City Education Psychology Service has provided ideas for how to talk to children of all ages about COVID-19.

🖱 <https://www.nottinghamcity.gov.uk/information-for-residents/children-and-families/educational-psychology/coronavirus-resources-for-children-families-and-settings/coronavirus-support-for-parents/>

This hugely popular free information book explains the coronavirus to children aged five to 10, with illustrations by The Gruffalo illustrator Axel Scheffler.

🖱 <https://literacytrust.org.uk/family-zone/5-8/coronavirus-a-book-for-children/>

As we now have Tier 3 COVID-19 restrictions in Nottingham City and this may continue into the winter, if you have younger children to keep busy have a look at the BBC Tiny Happy People website.

There are lots of fun activities to try as a family and lots of information to help you develop your child's language and communication skills, so they get the best start in life.

🖱 <https://www.bbc.co.uk/tiny-happy-people>



Flu:

Childhood Vaccination Programme 2020

Changes have been made to make sure it's a safe environment for your child to have the flu vaccine at GP surgeries or at school. These changes include social distancing, hand washing and wearing protective equipment.

It's important to go to your appointments unless you, your child or someone you live with has symptoms of coronavirus and are isolating.

It's time to say shoo to the flu!

The nasal spray flu vaccine is free on the NHS for:

- children aged 2 or 3 years on 31 August 2020 - born between 1 September 2016 and 31 August 2018 (at the GP surgery)
- all primary school children (reception to year 6 in school)
- all year 7 in secondary school (in school)
- children aged 2 to 17 years with long-term health conditions that puts them at greater risk from flu
- children who live with someone who is on the NHS Shielded Patient List (ask at your GP surgery)

Parents with children in a Nottingham City school can register their children and provide e-consent at:

🔗 https://www.asklion.co.uk/kb5/nottingham/directory/service.page?id=uW9OfG_-LE8



More information:

- 🔗 https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907433/Protecting_Child_Against_Flu_DL_Leaflet_2020.pdf
- 🔗 https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/905415/PHE_Flu_5_reasons_poster_2020_2021.pdf
- 🔗 www.nhs.uk/child-flu

Focus on colds:

It's normal for a child to have 8 or more colds a year as there are hundreds of different cold viruses and young children have no immunity to any of them as they have never had them before. They gradually build up immunity and get fewer colds. Most colds get better in 5 to 7 days but can take up to 2 weeks in small children.

Here are some suggestions for how to ease the symptoms in your child:

- Make sure your child drinks plenty of fluids.
- If your child has a fever, pain or discomfort, children's paracetamol or ibuprofen can help. Children with asthma may not be able to take ibuprofen, so check with a pharmacist or your GP first. Always follow the instructions on the packet.
- Encourage the whole family to wash their hands regularly to stop the cold spreading.



See this handy guide to recognising the difference between COVID symptoms, flu and colds.

Recognising Coronavirus (COVID-19) Symptoms



Symptoms	Covid-19 Symptoms range from mild to severe	Flu Rapid onset of symptoms	Cold Gradual onset of symptoms
Fever (37.8C or above)	Common	Common	Rare
Fatigue	Sometimes	Common	Sometimes
Cough	Common (usually dry)	Common (usually dry)	Mild
Sneezing	No	No	Common
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Sometimes	Common
Sore throat	Sometimes	Sometimes	Common
Diarrhea	Rare	Sometimes (for children)	No
Headaches	Sometimes	Common	Rare
Shortness of breath	Sometimes	No	No
Loss of taste or smell	Common	No	Sometimes

Common symptoms are highlighted in green as a comparison.
For more information visit:
www.nhs.uk/conditions/coronavirus-covid-19/symptoms



Worried about your child's emotional health and well-being?

This year has been difficult for all of us in different ways. If you are worried about your child's emotional health and wellbeing there are lots of agencies that can help and support:

Young Minds Parents Helpline

For detailed advice, emotional support and signposting about a child or young person up to the age of 25.

Call for free on **0808 802 5544**
from 9:30am to 4pm, Monday to Friday.

If you're looking for support without having to call try a web chat with one of their advisors

🔗 www.youngminds.org.uk/webchat

For more information and advice check out their parents survival guide!

🔗 <https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Young Minds also have a guide on how to make a 'worry box' with your children.

🔗 <https://youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/>

Every Mind Matters (NHS)

This is part of the 'One You' campaign providing information and support to help us make healthier choices in our lives:

🔗 <https://www.nhs.uk/oneyou/>

🔗 <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

Here are some of the services available to your child/young person if they need additional support:

KOOTH

Free, safe and anonymous online support for young people

🔗 <https://www.kooth.com/>

Young Minds

🔗 <https://youngminds.org.uk/>

The Mix

Freephone: **0808 808 4994**

(7 days a week from 4pm to 11pm)

Crisis messenger 24 hours a day, 7 days a week
text **THEMIX** to **85258**

CAMHS (Child and Adolescent Mental Health Services)

Tel: **0115 876 4000**

Text: **07860 002131**

🔗 www.asklion.co.uk/bemh

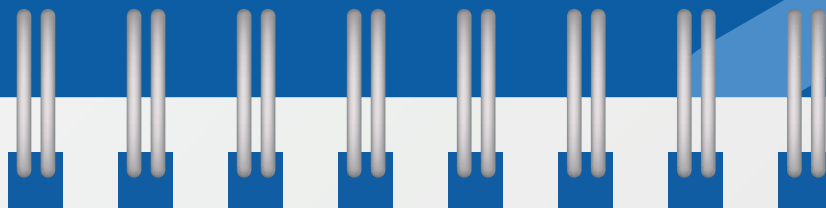
📷 @camhs_nottinghamcity

Don't underestimate the importance of sleep for children and young people's health and well-being. Find out how much sleep children and young people at different ages should be getting and some tips for helping them sleep better:

🔗 <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>



Coming up.....



16th-20th November - Anti-bullying Week

The Anti-bullying Alliance has worked with Kidscape and SafeToNet to develop a tool for parent and carers to help you support your child if they are being bullied.

☛ <http://anti-bullyingalliance.org.uk/sites/default/files/field/attachment/Anti-Bullying%20Week%202020%20-%20pack%20for%20parents.pdf>



If you'd like to show your support for anti-bullying week then join in by wearing odd socks on 'Odd Socks Day' on Monday 16th November!

☛ <http://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day/what-odd-socks-day>

If you are worried about your child being bullied and need some advice and support you can contact the Kidscape Parent Line (Mon – Wed 9.30 – 2.30)

Phone: **020 7823 5430**

WhatsApp: **07496 682785**

Email: parentsupport@kidscape.org.uk

To help your child stay safe when using the internet there is lots of advice here:

☛ <https://www.thinkuknow.co.uk/parents/>

2nd-6th December - Grief Awareness Week

Sadly this year there have been many families who have lost a loved one.

The aim of Grief Awareness Week is to get people talking about this difficult experience and help encourage people to get support.

☛ <http://nationalgriefawarenessweek.org/>

The Good Grief Trust has lots of information and links to helplines including the National Bereavement Partnership Helpline (7am – 10pm) Tel: **0800 4480 800**

☛ <https://www.thegoodgrieftrust.org/>

The Childhood Bereavement Network has some ideas from bereaved children and young people about what may help and cards that can be given to others explaining how they feel and how they would like to be supported:

☛ <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do/for-young-people.aspx>



If you would like to give us any feedback on the contents of this leaflet please email

ncp.customercare@nhs.net