

Winter Wellness

The Children and Young People's
Health and Wellbeing Service

Compass

SAFE EAST

Tower Hamlets
School Health Service



Who we are?

The Children and Young People's Health & Wellbeing Service is delivered by a friendly team of health professionals including nurses and practitioners who help to identify and meet the health needs of children, young people and their families in Tower Hamlets.

Support for Tower Hamlets families

Our service supports children and young people age 5 to 19 (or up to 25 for individuals with SEND) and parents/carers we can offer you support with a variety of health topics.

Support can be provided in a way that suits you, including, individually face-to-face or over the phone or in group workshops.

We can support with

- Healthy eating
- Dental health
- Friendships and relationships
- Body image
- Bullying
- School anxiety
- Sleep
- Parenting
- Continence

Winter illnesses

The colder months are a peak period for children to fall ill.

There are various reasons for this including

- More time spent inside
- Closed windows means less air flow
- Our immune systems work best at normal body temperature.
- Viruses tend to survive longer in cold air.

The cold
weather does
not give you a
cold.

It's normal for a healthy child to have 8 or more colds a year.

Children will get fewer colds as they build immunity to the hundreds of different cold viruses

There's nothing we can do to eliminate viral illnesses,
but we can help to keep ourselves healthy by doing several things.

General health

Looking after our general health means our bodies are better able to fight off infection. We can shorten the length of time we are sick and the severity of infection.

Healthy balanced diet – Including 5 fruit and veg a day and foods from all groups.

Making sure we are staying hydrated – 6-8 glasses a day.

Exercise – We can still do outside activities in the winter.

Getting enough sleep – 9-12 hours for school aged children

Vitamin A,C and D - It's recommended that all children aged 6 months to 5 years are given vitamin supplements containing vitamins A, C and D every day. Everyone should be taking a vitamin D supplement.

Infection control

Handwashing

for 20 seconds and not just after using the toilet

Sneezing into tissues – and throwing them away

Covering mouth and nose when sneezing

Not sharing cups

Cleaning surfaces regularly with anti-bacterial cleaner

Encourage children not to touch their faces/eyes



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Immunisations

Vaccination is the most important thing we can do to protect ourselves and our children.

Vaccines prevent millions of deaths worldwide every year.

Measles and mumps are starting to appear again in England, MMR vaccine is the best protection against both diseases.

Speak to your GP surgery if you aren't sure your child is up to date with their vaccinations.

Flu vaccine

The children's flu vaccine helps protect against flu.

It's offered to children aged 2 to 3 years, school-aged children (Reception to Year 11) and children with certain long-term health conditions.

Flu can be very unpleasant for children and can sometimes cause serious problems, such as pneumonia.

Each winter in the UK, thousands of children who **do not** have a health condition need hospital care because of flu.

Vaccinating children also helps protect others who are at higher risk of getting seriously ill from flu, such as babies, anyone who's pregnant and older people.

Home first aid

Self-care is perfect if your child's condition is something you will be able to treat at home, such as minor coughs, colds or common childhood illnesses.

Sometimes home is the best place for you.
Minor illnesses need plenty of rest and plenty of water.

If you are treating a poorly child at home, it is important to have a well-stocked medicine cabinet. Including:

A digital thermometer

Children's paracetamol

Children's ibuprofen (Unsuitable for some children with Asthma and for Chicken pox)

Ointments and lotions for rashes, bites, and dry skin

A first aid kit - bandages

Antihistamine

Nasal saline drops or spray

Electrolytes for dehydration (Dioralyte)

Always keep medicines out of childrens reach

Soothing lemon and honey drink

squeeze half a lemon into a mug of boiled and still warm water.

Add 1 to 2 teaspoons of honey

drink while still warm

do not give hot drinks to small children

*** Do not give aspirin to children under 16**

Should my child come to school?

It can be tricky deciding whether or not to keep your child off school when they're unwell.

There are government guidelines for schools and nurseries about when children should be kept off school and when they shouldn't.

If you are not sure whether your child should be at school, please speak to the school.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

Children with a high temperature (38C or more) should be kept off school until it goes away.

Vomiting and diarrhoea stay off till 48 hours after last episode

The NHS website can give you more detailed guidance

[Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk)

What kind of illnesses increase in winter?

Illness	Symptoms	Duration	Treatment
Colds	A blocked or runny nose sneezing coughing sore throat tiredness a slight fever	5 to 7 days but can take up to 2 weeks	plenty of fluids Saline nose drops can help children's paracetamol or ibuprofen for pain or discomfort. Sitting in a steamy room can help with congestion (Do not use a bowl of boiling water)
Coughs	Children often cough when they have a cold because of mucus trickling down the back of the throat.	1 – 2 weeks	Warm drink of lemon and honey. If caused by bacterial infection GP may prescribe antibiotics, these will not soothe or stop the cough straight away.
Sore throat	Complaining when swallowing	1 week	ice cubes or ice lollies Soft or cool foods drink plenty of water Relieve discomfort with Children's paracetamol or Ibuprofen.
Nasal congestion/Sinusitis	blocked or runny nose a slight fever a headache pressure in the ears a cough irritability breathing through their mouth	Up to 3 weeks	drink lots of water. Relieve discomfort with Children's paracetamol or Ibuprofen. nasal decongestants (Over 6 yrs) Saline drops or spray applying a warm pack to the face Bacterial infection may need

What kind of illnesses increase in winter?

Illness	Symptoms	Duration	Treatment
Flu	a high temperature tiredness a headache aches and pains a dry chesty cough	Around 7 days	Rest, keep warm and drink plenty of water. Children's Paracetamol or ibuprofen can help with aches and pains to bring down a fever.
Norovirus	•vomiting and diarrhoea •a slight fever •headaches •stomach cramps •aching limbs	1-3 days Stay off school or work until you have not been sick or had diarrhoea for at least 2 days.	Stay at home and rest. Drink plenty of water to stay hydrated Children's paracetamol for any aches and pains.

You can download the [NHS HANDi App](#) for parents. It's designed by paediatric specialists and provides simple and straightforward advice, for a range of common conditions.

Fever

A high temperature (fever) is very common in young children.

A high temperature is 38C or more

The temperature should go down over 1 to 4 days.

If your child or baby has a high temperature, you can usually look after them at home.

If your child has a high temperature, they might:

- feel hotter than usual when you touch their back or chest
- feel sweaty
- look or feel unwell

Do

- give them plenty of fluids
- look out for signs of dehydration
- give them food if they want it
- check on your child regularly, including during the night
- keep them at home
- give them paracetamol or ibuprofen if they're distressed
- get medical advice if you're worried about your child

Don't

- do not undress your child or sponge them down to cool them – a high temperature is a natural and healthy response to infection
- do not cover them up in too many clothes or blankets
- do not combine ibuprofen and paracetamol, unless a GP tells you to
- do not give ibuprofen to a child who weighs under 5kg, has chickenpox, or is dehydrated
- do not give ibuprofen to children with asthma unless it's been recommended by a doctor

Meningitis and septicaemia know the symptoms

- Meningitis and septicaemia are serious, life threatening illnesses.
- Know the symptoms and act fast - if someone is ill and getting worse quickly, get medical help immediately.

Symptoms include:



Fever and/or vomiting



Severe headache



Limb, joint, muscle pain



Cold hands and feet, shivering



Pale or mottled skin



Breathing fast, breathless



Rash



Stiff neck



Dislike of bright lights



Very sleepy, difficult to wake, vacant



Confused/delirious



Seizures (fits)

Symptoms can appear in any order.
Not everyone gets all the symptoms.

**Trust your parent
Intuition**

If you aren't sure,
please call 111
to ask advice.

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Where can I go for help?

Self-care – Common ailments and illnesses, grazed knees etc.

Pharmacy – need advice about things like fevers, upset stomach.

GP surgery - for things that don't go away or things you are concerned about.

NHS 111 – When you need help fast and it's not an emergency, need advice, not sure what to do.

A&E/999 – Only in an emergency, Heavy bleeding, breathing difficulty, loss of consciousness.

Trust your parent Intuition

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Further Information

[Looking after a sick child- NHS \(www.nhs.uk\)](https://www.nhs.uk)



NHS app giving guidance for parents about
looking after a poorly child .
[HANDi app- NHS BNSSG ICB](#)



[Is my child too ill for school?- NHS \(www.nhs.uk\)](https://www.nhs.uk)



You can also speak to your school about meeting with your school nurse.

Contact

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The logo features two stylized blue human figures, one slightly behind and to the right of the other, both with arms raised in a celebratory or active pose.