

# HAMPSHIRE SCHOOL NURSING KEEPING SAFE SUMMER NEWSLETTER: FOR PARENTS OF PRIMARY-AGED CHILDREN

How to access healthcare for sick children and keeping your child safe throughout the summer holidays

## News:

NHS England has issued warnings that there has been a surge in respiratory syncytial viral (RSV) infections in children, it is the most common cause of bronchiolitis in children and babies. Most RSV causes a mild respiratory illness, but for a small number, this can lead to severe respiratory disease. Please click the link for further information.

<https://www.nhs.uk/conditions/bronchiolitis/>



**Healthier Together**

Improving the health of children and young people

Keeping your child safe:  
Healthier Together (what0-  
18.nhs.uk).

## Keeping safe whilst at home



Safe from accidents  
parents pack:  
[cswparentpack.pdf](#)

- **Burns and Scalds** – Keep hot things out of reach such as hot drinks and hair straighteners.
- **Poisoning** – primary aged children may already know what they can safely eat but they are still at risk of accidental poisoning as they are more likely able to open child-resistant tops. They also may easily be confused by medicines that are colourful and look like sweets. **Keep them locked away safely in the original container, the same should be done for any cleaning products.**
- **Button Batteries** – powerful lithium coin cell batteries can badly hurt or kill a child if they swallow one or it gets stuck in their food pipe as the battery reacts with the saliva to create caustic soda, leading to internal bleeding. Click on the booklet “Button batteries be aware” for further information.
- **Garden safety:**
  - **Trampolines** – As a rule only allow one person on a trampoline at a time as the majority of accidents happen when two or more people are on it, also ensure that a safety net is in place.
  - **Plants** - Garden plants can be confusing, teach your child not to eat anything they pick outside without checking with an adult first as poisonous berries can look similar to ones that they can eat.
  - **Gardening equipment** – Never leave electrical equipment plugged in when not in use and lock away tools in a shed or secure area. Keep all weed killer, fertiliser antifreeze, and screen wash in the original container and locked away.
  - **BBQ's** – They should never be used in enclosed spaces as all BBQ's produce carbon monoxide which is deadly, they can also take hours to cool down after use and can cause serious burns.
  - **Water** – Drowning can occur in as little as 5cm of water, remember to supervise children around ponds, and paddling pools/pools/hot tubs. Children can also wander off into neighbouring gardens and access their pools etc.

## Keeping safe whilst out and about

We are all making the most of the COVID restrictions lifting and being able to get out with our families. Here are some tips and information to help keep you safe.

**Pedestrian safety** – teach your children how to cross the road safely, you can practice together using the green cross code. <https://www.roadwise.co.uk/schools/using-the-road/green-cross-code/> Children will copy what you do, so demonstrating how to do it safely will help children get into good habits. With older children, you can help them to learn how to assess risk, judge speed and understand consequences especially when they are getting ready for walking to school without you.

**Cycling** – Lead by example and get your child into the habit of wearing a helmet. [Cycle Safety – THINK!](#)

**Driving** – Keep an eye on your speed while driving, a child is 3.5 times more likely to die if they are hit by a car driving 30 – 40 mph. [Advice for road users – THINK!](#)

**Tick bites** – Ticks are small spider-like creatures that are found in areas with long grass, they attach themselves to the skin and feed off human/animal blood. Ticks can sometimes transmit microbes that can cause diseases such as Lyme disease. If you have been bitten by a tick remove it as soon as possible using fine-tipped tweezers or a tick removal tool. Click on the link for more information and a video on how to remove a tick. <https://what0-18.nhs.uk/parentscarers/worried-your-child-unwell/tick-bites>



**Sun Safety** – Take extra care to protect children in the sun as their skin is more sensitive, damage caused by repeated unprotected exposure to the sun could lead to skin cancer in later life. Keep children in the shade. Protect their eyes from the sun with a pair of wraparound sunglasses and a sun hat to keep the sun off their head. Avoid being out in the hottest part of the day which is 11:00 – 15:00. Ensure that children are well hydrated and drink more when it's hot. High factor sunscreen should be applied regularly at least 2 hourly and more so if they are in and out of the pool. Keep blinds and curtains closed during the day to keep their bedrooms cool, keep layers of nightclothes and bedclothes to a minimum. Further information can be found using the link below.

<https://www.healthforkids.co.uk/grownups/healthy-bodies/your-guide-staying-safe-sun/>  
Take a look at the health for kids website created especially for children to learn about staying healthy. With a separate section for parents. <https://www.healthforkids.co.uk/>

## How to contact your school nursing team

Either via our chat health text in service Mon-Fri 09:00 – 16:30

ChatHealth Parents (5-19): 07507 332 417

ChatHealth Young People: 07507 332 160

Or by using the link below for the Hampshire Healthy families website

[Health for Kids | School Nurses | Hampshire](#)



"Hampshire County Council have launched a public consultation which proposes changes to a number of public health services that they commission. This includes services for people aged 0-19 which are delivered by Southern Health NHS Foundation Trust. "

"The Trust will be providing a response to the consultation, and we encourage anyone who may be affected by the proposed changes to have their say. You can read the full consultation and submit your responses here:

[www.hants.gov.uk/aboutthecouncil/haveyoursay/consultations/public-health-consultation](http://www.hants.gov.uk/aboutthecouncil/haveyoursay/consultations/public-health-consultation)"

[School Nursing Support Petition: https://petition.parliament.uk/petitions/590825](https://petition.parliament.uk/petitions/590825)

[Health Visiting Support Petition: https://petition.parliament.uk/petitions/589522](https://petition.parliament.uk/petitions/589522)