

**Keeping  
your child  
well this  
winter.**



## Winter Illness - Knowing What To Do

As winter approaches, it is likely that coughs and colds will affect us all. Young children can be prone to infections, particularly in winter, as their immune systems are still developing.

This leaflet will provide information on some of the most common infections during the winter period, what symptoms to look out for and what treatment is available.

**If you ever become concerned about your child's health, seek advice from your pharmacist, NHS 111 or GP surgery.**



## Top tips on how to protect your little ones this winter

### **Show your child how to reduce the risk of spreading infections.**

Teach them to wash their hands with soap and water for 20 seconds; use a tissue to catch coughs and sneezes; and keep away from others when feeling unwell.

20  
sec



### **Support your child's nursery or school by keeping them off if they are too unwell to attend or if you are advised to do so.**

This will reduce the risk of them passing infections to others in their school or nursery.



### **Take up any seasonal vaccinations your child is eligible for.**

The free flu nasal vaccine is available to children every year from September. Children aged 4 and over will get this via school - look out for the consent form coming home. All children who are aged 2 and 3 years old (provided they were this age on 31 August) can get the vaccine at their GP surgery – contact them for an appointment.











### **Check your child is up to date with their vaccinations.**

Vaccination is the best defence against severe illness. You can check their red book or contact your GP surgery to make sure that your child is up to date with all of their vaccinations.

### **It is never too late to catch up on missed vaccinations.**



# Common Illnesses and how to deal with them

Condition	Signs and Symptoms	Treatment	Exclusion Period	Comments
<b>Gastroenteritis</b>	<ul style="list-style-type: none"> <li>Diarrhoea and/or vomiting</li> </ul>	<ul style="list-style-type: none"> <li>Encourage fluids to prevent dehydration</li> <li>Rest</li> <li>You do not normally need to seek medical attention unless there is no improvement</li> </ul>	Your child should not return to school or nursery until they have been symptom free for 48hours.	For more information on gastroenteritis visit <a href="https://www.nhs.uk/conditions/diarrhoea-and-vomiting">nhs.uk/conditions/diarrhoea-and-vomiting</a>  
<b>Scarlet Fever</b>	<ul style="list-style-type: none"> <li>Body rash with small, raised bumps</li> <li>On white skin the rash looks pink or red, on brown and black skin it can be harder to see a change in colour, but you can still feel the rash and see the bumps</li> <li>Fever</li> <li>Sore throat</li> <li>Nausea &amp; vomiting</li> </ul>	<ul style="list-style-type: none"> <li>Antibiotics</li> <li>Seek prompt medical assessment via NHS 11 or your GP surgery/Nurse</li> </ul>	Your child can return to school or nursery 24hrs after starting antibiotic treatment.	For more information on scarlet fever visit <a href="https://www.nhs.uk/conditions/scarlet-fever">nhs.uk/conditions/scarlet-fever</a>  
<b>Hand, Foot &amp; Mouth</b>	<ul style="list-style-type: none"> <li>Raised rash of spots on the hands &amp; feet</li> <li>Mouth ulcers</li> <li>Sore throat</li> <li>Fever</li> <li>Loss of appetite</li> </ul>	<ul style="list-style-type: none"> <li>No treatment required, usually resolves within 7-10days</li> <li>Speak to a pharmacist for advice and treatment for mouth ulcers</li> <li>Encourage fluids to prevent dehydration</li> </ul>	There is no requirement for your child to stay off school or nursery unless generally unwell.	For more information on hand, foot and mouth visit <a href="https://www.nhs.uk/conditions/hand-foot-mouth-disease">nhs.uk/conditions/hand-foot-mouth-disease</a>  
<b>Influenza (Flu)</b>	<ul style="list-style-type: none"> <li>Fever</li> <li>Chills</li> <li>Headache</li> <li>Muscle aches</li> <li>Cough</li> <li>Sore throat</li> <li>Runny nose</li> </ul>	<ul style="list-style-type: none"> <li>Encourage fluids to prevent dehydration</li> <li>Rest</li> </ul>	It is recommended that your child stays away from school or nursery until they are well enough and no longer have a fever.  Please consider having the free nasal flu vaccine for children.	For more information on flu visit <a href="https://www.nhs.uk/conditions/flu">nhs.uk/conditions/flu</a>  
<b>Chickenpox</b>	<ul style="list-style-type: none"> <li>Itchy, spotty rash anywhere on the body, which turn into blisters and then scab over</li> <li>High temperature</li> <li>Aches and pains, and generally feeling unwell</li> <li>Loss of appetite</li> </ul>	<ul style="list-style-type: none"> <li>Encourage fluids to prevent dehydration</li> <li>Loose fitting clothes</li> <li>Speak to a pharmacist about using cooling creams and or antihistamine medicine</li> <li>Do not use ibuprofen unless advised to do so by a doctor, as it may cause serious skin infections</li> </ul>	It is recommended that your child stays away from school or nursery until all the spots have formed a scab.  This is usually 5 days after the spots appeared.	For more information on chickenpox visit <a href="https://www.nhs.uk/conditions/chickenpox">nhs.uk/conditions/chickenpox</a>  

## Vaccination helps protect your child and others around them

- Vaccination is the most effective way to prevent infectious disease and keep your little ones well.
- Vaccinations protect other people in your community by helping to stop diseases spreading.
- Vaccinations are safe and undergo rigorous safety testing before being introduced – they are also constantly monitored for side effects.
- Vaccinations can cause mild side effects but these will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days.
- Vaccination prevents up to 3 million deaths worldwide every year.



### Speak to a health professional if:

- You're worried about you or your child having a vaccine
- You're not sure if you or your child can have a vaccine
- You have any other questions about vaccines

## Routine Childhood Immunisations From February 2022

When	Diseases protected against	Vaccine given
Eight weeks old	Diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib) and hepatitis B	DTaP/IPV/Hib/HepB
	Meningococcal group B (MenB)	MenB
	Rotavirus gastroenteritis	Rotavirus
Twelve weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB
	Pneumococcal (13 serotypes)	PCV
	Rotavirus	Rotavirus
Sixteen weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB
	MenB	MenB
One year old (on or after the child's first birthday)	Hib and MenC	Hib/MenC
	Pneumococcal	PCV booster
	Measles, mumps and rubella (German measles)	MMR
	MenB	MenB booster
Eligible paediatric age group	Influenza (each year from September)	Live attenuated influenza vaccine LAIV
Three years four months old or soon after	Diphtheria, tetanus, pertussis and polio	dTaP/IPV
	Measles, mumps and rubella	MMR (check first dose given)
Boys and girls aged twelve to thirteen years	Cancers and genital warts caused by specific human papillomavirus (HPV) types	HPV
Fourteen years old (school Year 9)	Tetanus, diphtheria and polio	Td/IPV (check MMR status)
	Meningococcal groups A, C, W and Y	MenACWY

