



# Keeping well this summer

An information leaflet from your Children's Public Health 0-19 Nursing Service, July 2022

## Keeping your children busy this summer

The summer holidays can seem a long time and it can be difficult to find things to stop kids getting bored.

AskLion to find out what is going on in your area.

 Ask Lion



New physical activity guidelines for disabled children and young people – designed with disabled children and young people

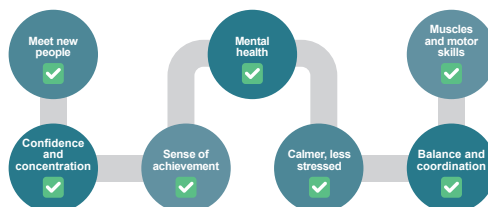


### Physical Activity for Disabled Children and Disabled Young People

#### Getting and staying active is about



#### Benefits of physical activity



#### How much physical activity should I do?



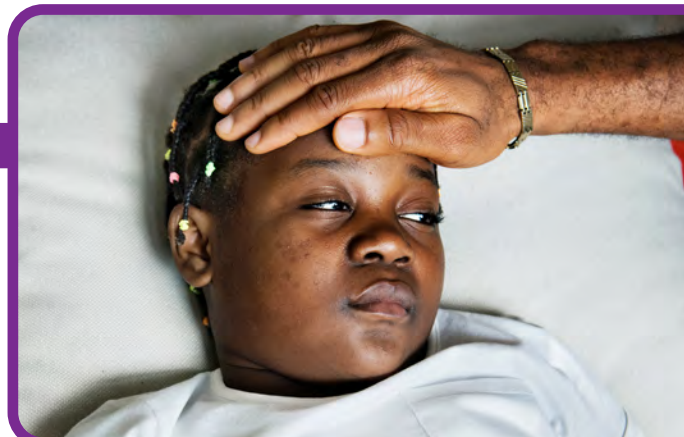
UK Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.

# Health update - Hepatitis Cases in Children

The number of cases of hepatitis in children has increased recently. Public health doctors and scientists are looking into what could be causing this.

## See a GP if your child has symptoms of hepatitis:

- yellowing of the white part of the eyes or skin (jaundice)
- dark urine
- pale, grey-coloured faeces (poo)
- itchy skin
- muscle and joint pain
- a high temperature
- feeling and being sick
- feeling unusually tired all the time
- loss of appetite
- tummy pain



👉 If you would like more information on symptoms, watch the video here

Good hygiene, including supervising hand washing in young children, can help to prevent infections that can cause hepatitis.

## Head Lice and Nits

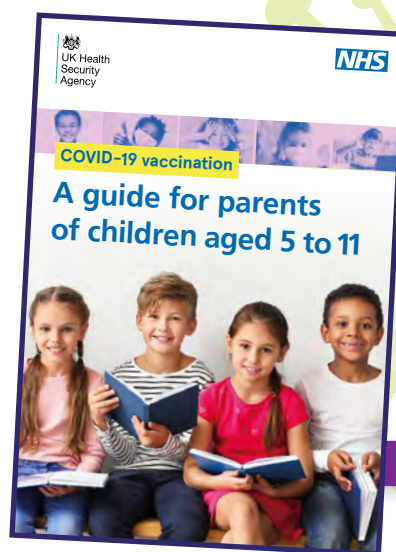
Head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact. After such a long time of social distancing, children are getting closer again, which is great, but we are seeing more cases of head lice!

Click here for more information about what to do



## COVID-19

The NHS is now offering coronavirus (COVID-19) vaccines to children aged 5 to 11 years.



Click here for the parent's guide



## Sun Safety

We all hope that this year will bring us some good weather!



**Don't forget though that from March to October in the UK, children should:**

- Cover up with suitable clothing
- Spend time in the shade, particularly from 11am to 3pm
- Wear at least SPF30 sunscreen (on areas not protected by clothing, such as the face, ears, feet and backs of hands)



It is recommended that everyone takes Vitamin D supplements (10 micrograms or 400 International Units (IU)) per day during the winter months October to March, but some people require it throughout the year including those with dark skin and those who cover up in the Spring/summer. Vitamin D aids healthy bones and muscles.

👉 More advice on Vitamin D can be found here

## Money worries?



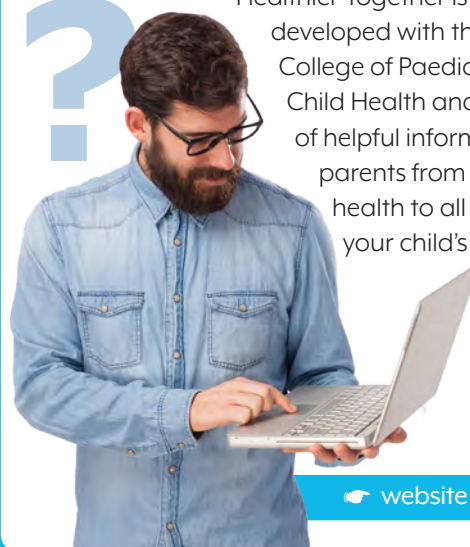
If you are worried about money, free help is available from the AskLion website

 Ask Lion

## Need some advice or support?



Healthier Together is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents from pregnancy health to all aspects of your child's health.



 website

**Anna Freud**  
National Centre for  
Children and Families

**shout**  
85258  
here for you 24/7

### Feeling overwhelmed? Struggling to cope?

24  
hours a day  
7  
days a week

**Text AFC to 85258**

**Text the free, confidential textline**

All texts are answered by trained volunteers, with support from experienced clinical specialists

**Remember** your Children's Public Health 0-19 Nursing Service is there for you during the school holidays as well as term time

**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:

- Healthy lifestyles, including healthy nutrition and exercise
- Day and night time wetting
- Constipation
- Sleep behaviour
- Emotional health
- Healthy relationships and sexual 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](http://www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information)

To contact our service please ring the Nottingham Health and Care Point 0300 131 0300  
**For urgent healthcare needs please ring 111.**



**Just think  
111 online first**

When you think you need A&E,  
go to [111.nhs.uk](http://111.nhs.uk)

**NHS**

**111** Help us  
help you

If you would like to give us any feedback on the contents of this leaflet, please email [ncp.customercare@nhs.net](mailto:ncp.customercare@nhs.net)

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