

5 September 2023

Dear parent

Keeping your children well this winter

As the winter months approach, you may have concerns about your child's health as coughs, colds and other minor illnesses increase.

Right care at the right time

We have created some web pages which offer you helpful advice about common conditions in babies and children and the symptoms to look out for. We hope this information will help you decide when you can treat your child at home, when you need to seek medical help and which service to choose.



Please visit: www.notts.icb.nhs.uk/childrens-health-and-wellbeing

Please be assured that GPs and health services will want to see your child if you have concerns about their health and welfare. We know that babies can decline rapidly, and GPs will continue to prioritise care for babies and toddlers up to two years old. You should keep a watchful eye on how symptoms develop and trust their instincts.

Your General Practice Team is made up of a range of healthcare professionals who work at your practice and in the wider community to help you and your family get the right care when you need it. Depending on their needs, your child may be seen by another general practice team member. This could include a Clinical Pharmacist who can help by reviewing medicines, agreeing and making changes to prescriptions and advising about medicines and possible side effects. A Physician Associate can help by diagnosing and treating certain health conditions, arranging tests and analysing results and performing physical examinations. First Contract Physiotherapists diagnose and treat muscular and joint conditions and advise on how to manage conditions as well as referring your child on to specialist services.

If you are unsure, use 111.nhs.uk or phone 111 to get assessed and directed to the right NHS service.

Pharmacies

Over the counter medicine from your local pharmacy can help manage symptoms, including paracetamol, ibuprofen and eye drops. Pharmacists can provide advice on the use of these medicines and instructions are provided in the packaging.

Some pharmacists can also treat common conditions as part of the Extended Care Service: <https://www.england.nhs.uk/midlands/nhs-england-and-nhs-improvement-midlands-work/community-pharmacy-extended-care-services/>

These include acute bacterial conjunctivitis (for children aged from three months to two years), skin infections including impetigo, infected eczema and infected insect bites. Some pharmacists can now also treat otitis media (infection in the middle ear) in children aged from three months to 16 years.



Vaccinations

One of the main ways that you and your family can stay well over the winter months is by making sure you are protected from illness. The COVID and flu seasonal vaccination campaign started in September so do make sure you book an appointment if you are eligible. COVID vaccines can be booked from 18 September via 119, the NHS website or via the NHS App. Your GP will be delivering flu vaccines to children who are aged two and three or children aged two to 17 with certain long-term health conditions.

All other eligible children will be able to get a flu vaccination through the school immunization team. Find out more about eligibility and how to book:

www.notts.icb.nhs.uk/covid-flu



Absence from school

If your child is unwell and cannot attend school, you don't need a sick note from your GP.

If a child feels well in themselves, you can authorise your child's school to hold and administer over the counter medicines to treat their symptoms as needed. **A doctor's prescription is not required for this authorisation.** The medicine should be clearly labelled with your child's name and include the packaging so that staff can follow the generic age-related instructions.

We are very grateful for your support of your local NHS.

Yours faithfully

A handwritten signature in black ink that reads "David Briggs".

Dr Dave Briggs

Medical Director

NHS Nottingham and Nottinghamshire