

Good hygiene will prevent the spread of colds.



The school nurse, or your local GP practice nurse, are an able source of good medical advice on how to treat your child, they can also liaise with the GP if they need further assistance.

If you are out of hours or can not get an appointment at your GP practice you can access your local Walk in Centre.

Find your local Pharmacist / GP/ Dentist

<http://www.nhs.uk/service directories/pages/service search.aspx>

NHS Direct 0845 4647 www.nhsdirect.nhs.uk

Minor Injury Units (MIU)

Clacton – 9am to 9pm – 7 days a week

Harwich – 9am to 5pm – 7 days a week

MIU only treat the following:

- Sprains and strains
- Broken bones
- Wound infections
- Minor burns and scalds
- Minor head injuries
- Insect and animal bites
- Minor eye injuries
- Injuries to the back, shoulder and chest

Fryatt Hospital and Mayflower Medical Centre,

419 Main Road, Harwich, Essex, CO12 4EX Tel: 01255 201201

Clacton and District Hospital,

Tower Road, Clacton On Sea, Essex, CO15 1LH Tel: 01255 201717

Walk in Centre (WIC)

Colchester – 7am to 10pm – 7 days a week

WIC only treat the following:

- Infection and rashes
- Lacerations
- Emergency contraception and advice
- Stomach upsets
- Cuts and bruises
- Burns and strains

North Colchester Healthcare Centre,

Colchester Primary Care Centre, Turner Road, Colchester, Essex, CO4 5JR Tel: 01206 314015

Portions of text reproduced with the kind permission of Great Ormond Street Hospital's Children First for Health website: www.childrenfirst.nhs.uk

Common Child Conditions Colds, Flu & Coughs

Tendring South Schools

Promoting Positive Partnerships



NHS

North East Essex

Colds...

Colds are caused by a virus. While these viruses very rarely cause serious illness, they can cause some discomfort. Your child can still attend school with a cold, but please make sure they have plenty of tissues with them.

Cold viruses don't survive for long outside the body. Infections are passed from one person to another when a sneeze or a cough releases the cold virus into the air where others can breathe it in. Through direct skin contact; or less commonly by touching a surface that has recently been touched by someone who has a cold.

"Good hygiene will prevent the spread of colds"

1

Put your hand or a tissue over mouth when coughing or sneezing

2

Wash your hands after coughing or sneezing all over them

3

Dispose of used tissues carefully

Don't wrap your child in 'cotton wool', Carry on as normal and take them to nursery or school if that's where they usually go.

If your child seems unwell and clingy, it is worth keeping checking their temperature. If it's **above 38C**, give infant paracetamol. You can buy temperature

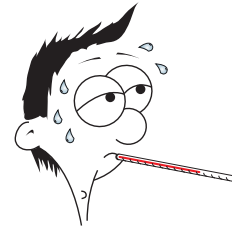
strips that you can use on your child's forehead, these are simple to use.

Make sure your child **drinks plenty of water** (tap water is fine), but don't worry if they are eating less than usual – they will catch up when they recover.

Keeping your child's warm when they are outside will help and ear muffs or a hat will help ease earache. A hat with flaps is ideal, and do not forget a coat when you send your child to school for play time.

Flu...

It's a related but much more serious infection than a cold and is thought too many people say they have flu when it is only a cold. The onset of influenza is usually more rapid. Symptoms include a very high temperature and severe muscle pains.



Fortunately flu infection is relatively uncommon.

If you suspect flu you should see your GP, they will tell you if it is just a cold, or if it is flu what to do.

Coughs...

A cough is one of the most common symptoms of childhood illness.

Coughing is, in fact, a **healthy and important reflex that helps protect airways in the throat and chest**. Although coughs can sound distressing, in the vast majority of cases they aren't a sign of a serious condition.

The commonest cause is an infection with a virus, such as colds. These coughs can last for several weeks, especially if your child has one cold followed

quickly by another. Recurrent coughing can sometimes be linked to other viral infections.

Asthma, allergies, or a chronic infection in the sinuses or airways might also cause persistent coughs. It's very common for coughs to get worse at night. When a child has a cold, mucus from the nose and sinuses can drain into the throat and trigger a cough during sleep. This is only a problem if the cough wakes your child up. Asthma can also trigger night time coughs because the airways tend to be more sensitive and irritable at night.

Sometimes, a child can cough so much that it triggers their gag reflex, leading to retching and even vomiting. This can be very distressing for a child – and for parents. Often children who vomit in this way lose weight, but reassuringly they do put it back on again as soon as they get better.

When a cough lasts for longer than six weeks, it's best to see your doctor. One of the best ways to diagnose a cough is by listening. Knowing what the cough sounds like will help your doctor decide how to treat your child.

Depending on the diagnosis, there are some things you can try that may help your child feel better:

- **A cool-mist humidifier in their bedroom might help sleep.**
- **Cool drinks like juice can be soothing.**
- **Try a small amount of menthol rub – this reduces the sensitivity of the cough receptors.**
- **Encourage your child to cough up phlegm and spit it out.**
- **Raising the head of the bed may help – you could do this by slipping a pillow or rolled up blanket underneath the mattress.**