

If your child has the symptoms of an **ear infection**, it's appropriate to make an appointment to see your **GP**.

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

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# Common Child Conditions Earache, Migraines & Headaches

Tendring South Schools

Promoting Positive Partnerships



**NHS**

**North East Essex**

## Earache...

The most common is infection of the middle ear is often accompanied by an illness like a cold. The combination can lead to glue ear, which is basically sticky fluid collecting in the middle ear that can affect hearing.

Ear infections sometimes start off as a cold and spread to the ears.

Children who have a lot of contact with other children, like those who go to nursery or school, are more prone to ear infections because they're likely to be exposed to more viruses and bacteria.

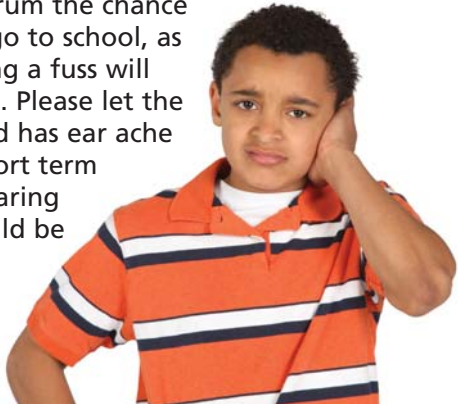
Children who are exposed to passive smoking are more likely to get ear infections.

The symptoms are a raised temperature, general irritability and discharge from the ear. This can also be associated with a blocked feeling in the ear or hearing loss.

If your child has the symptoms of an ear infection, it's appropriate to make an appointment to see your GP.

Treatment usually involves simple pain killers like paracetamol, and keeping your child's ears covered in colder weather.

Your child should be able to attend school, especially if he or she is easily distracted from the pain, or having a real tantrum the chance are they are fine to go to school, as screaming and making a fuss will make ear ache worse. Please let the school know the child has ear ache as there may be a short term reduction in their hearing and the teacher should be aware of this.



## Migraines & Headaches...

Migraines are common in both boys and girls. In fact, one in ten children under the age of 15 suffers from them.

For most children, there's a combination of symptoms that tends to build up. During an attack a child often **looks pale, feels sick** and **may actually be sick**, and they **may find light and sound uncomfortable**.

Some children are clearly able to predict an attack of migraine because they experience certain symptoms beforehand. Some children might have **disturbed (blurred) vision** and may also be **sensitive to smells**. Others may experience an **unpleasant taste, bloating, neck pain**, and **sweating**.

*Some migraine sufferers can identify clear triggers, and it's possible for them to prevent attacks by avoiding these. Schools should be informed of any triggers.*

There is no specific test that can diagnose migraine. If your child is suffering from headaches it's a good idea to see your pharmacist for mild cases or your GP particularly if the headaches are troublesome to the extent that your child is missing school, and they are interfering with your child's normal family and school life.

Making sure your child has a reasonable routine with regular meals and bedtimes will help to keep the number of migraines to a minimum.

**A simple headache can be treated with paracetamol and your child can go to school.**



### Possible Triggers:

**Dietary Triggers, a particular food may cause a migraine (but these are rare)**

**Stress**

**Tiredness**

**Missed Meals**

**Food Temperature**

**Over Sleeping**

**Disrupted Sleep**

**Spending too long on a computer**

**Spending too long watching telly and sitting too close to the telly**