

School Nursing

Flu Busters, Thank You.

The School Nursing team would like to say a big thank you to the schools, parents and children who helped achieve an amazing uptake for the Nasal Flu immunisation programme. The uptake was very positive for year 1 and year 2 children at around 70%.

Such a positive response will better protect all those within the local community, and could not have been achieved without the cooperation and partnership working of Schools, Parents and the School Nurse Team. We are keen to repeat and build upon this year's success next autumn.

In the spring term the team will be continuing with the National Childhood Immunisation Programme, with the second dose of the HPV vaccination for year 8 girls. School Leaver Booster and Men ACWY will be given to eligible young people in years 10 and 11 in North Hampshire schools. GPs will offer this in other areas.

There are a number of NHS services to support health and wellbeing, but knowing which one to access and when can be confusing. Here is a guide to how, when and where to access health care.

For more information about children and young people's health please visit www.southernhealth.nhs.uk/schoolnursing



Getting help



If you're not sure which NHS service you need, call 111. An adviser will ask you questions to assess your symptoms and then give you the advice you need, or direct you straightaway to the best service for you in your area.



Pharmacists can offer advice on a wide range of long-term conditions and common illnesses such as coughs, colds and stomach upsets. You don't need an appointment and many have private consultation areas. Your pharmacist will say if you need further medical attention.



GPs assess, treat and manage a whole range of health problems. They also provide health education, give vaccinations and carry out simple surgical procedures. Your GP will arrange a referral to a hospital specialist should you need it.



Visit a **walk-in centre, minor injuries unit or urgent care centre** if you have a minor illness or injury (infections, vomiting and stomach aches) and it can't wait until your GP surgery is open. You don't need an appointment and they are open outside office hours.



A&E departments provide vital care for life-threatening emergencies, such as loss of consciousness, suspected heart attacks, breathing difficulties, or severe bleeding that cannot be stopped. If you're not sure it's an emergency, call 111 for advice.

Adapted from www.nhs.uk Staywell this winter campaign 2015



Dental Emergencies contact 111.

For dental emergencies please contact your regular dentist; if you do not have one then contact the Dental Helpline where we can triage the problem and may be able to arrange an urgent appointment with a dentist where appropriate. For more information visit www.hampshiredentalhelpline.nhs.uk

