



**Lincolnshire**  
Integrated Care Board

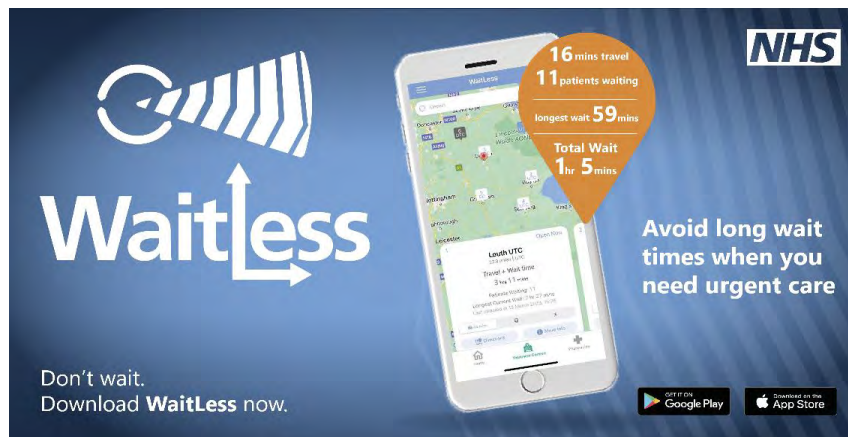
# Schools Pack

Included in this pack is some useful information about accessing healthcare during the Summer break from school. There are tips on how to stay healthy during this time as well as accessing healthcare services when your GP may be closed or if you may be away from home.



## WaitLess

The WaitLess App can be downloaded from Google Play and the App Store. The time shown for each of our Urgent Treatment Centres is a combination of travel time to the centre, number of patients waiting/wait time and treatment time. Download the App today.



## Choose Well this Summer

There are a range of services that are available to you over the Summer and the Summer bank holiday and how to access them. This includes the range of services available and includes pharmacy opening hours as these are more limited over the bank holiday weekend. More information can be found here: [Choose Well Lincolnshire - Lincolnshire ICB](#)

## Choose Well for your child this summer

Sore throat, cuts  
and grazes?



Treat at home

Mild tummy troubles  
or mild fever?



See a pharmacist

Non-urgent ongoing  
illnesses or injuries?



Contact your GP

Not sure where to  
go or what to do?



Visit [111.nhs.uk](https://111.nhs.uk)  
or call 111

Rashes, bumps or  
minor injuries?



Visit an Urgent  
Treatment Centre

Choking or serious  
illness?



Go to A&E or  
call 999

<https://lincolnshire.icb.nhs.uk/choosewell>



# CHOOSE WELL THIS SUMMER



## Self Care

Stock up your medicine cabinet with essentials for seasonal illnesses including flu remedies, cough mixture and pain relief.

## Think Pharmacy First

For advice and treatment for most common conditions, simply walk in, no appointment needed.

## GP Services

Symptoms that aren't going away? Contact your GP practice for help and advice.

## NHS 111

If you're not sure what medical help you need and it's not a life-threatening emergency, NHS 111 can help you get the right care.

## Urgent Treatment Centre

Treatment for sprains and strains, bites or stings and feverish illness in adults and children.

## WaitLess

The WaitLess app combines current waiting time, queue numbers and travel-time at urgent care services.

## Dental Treatment

You can access dental treatment by booking with your usual dentist or calling NHS 111 for urgent appointments.

## Mental Health Crisis

Call NHS 111 and choose option 2 to speak to a mental health professional.

## NHS App

The NHS App makes it easy to manage your health and access NHS services quickly.

Call 999 for medical help if someone is seriously ill or injured, or if their life is at immediate risk. For example, severe chest pain, difficulty breathing, or heavy bleeding.

For more information visit [lincolnshire.icb.nhs.uk/choosewell](https://lincolnshire.icb.nhs.uk/choosewell)



## **Medicine Cabinet Essentials**

This is the time of year when a lot of us are busy shopping for the half term get away. Whilst you're out, why not also think about stocking up on medicine cabinet essentials to make sure you're prepared for the break.

Keep the following items in a locked cabinet or somewhere out of sight and reach from children:

### **Paracetamol (e.g liquid or tablet)**

Paracetamol is a common painkiller for children. It's often used to treat headaches, stomach-ache, earache, and cold symptoms. It can also be used to bring down a high temperature (fever). Do not exceed the recommended dosage which will be age specific.

### **Ibuprofen (e.g liquid or tablet)**

Ibuprofen can be used to treat pain and inflammation (swelling) including cold symptoms, teething, toothache, sprains and strains, and reduces a high temperature. Please note that if your child has been diagnosed with asthma, ibuprofen may not be suitable, discuss this with your pharmacist or doctor first before using. Do not exceed the recommended dosage which will be age specific.

### **Oral Rehydration Solution (ORS) Sachets**

Although diarrhoea in children usually gets better on its own, it causes loss of water and salts. This may lead to dehydration, which can be dangerous, especially in very young children, because it is difficult to see the signs of dehydration. Oral rehydration salts do not treat the diarrhoea itself, but they replace the salts and water that are lost and so reduce the effects of dehydration. Please follow the instructions on the sachet carefully.

### **Local Pain Relief (for sore throat)**

To help soothe a sore throat and reduce how long it lasts you can use medicated lozenges containing a local anaesthetic, antiseptic, or anti-inflammatory medicine, or anaesthetic spray.

### **Thermometer**

A digital thermometer is best to use for a fast and accurate reading. An average temperature in babies and children is about 36.4C but this can vary from child to child. A high temperature is 38C or more. Guidance on how to take a child's temperature can be found here <https://www.nhs.uk/baby/health/how-to-take-your-babys-temperature/>

If your child is already taking other medication, check first with your pharmacist to make sure the medicines are right for them.

Check any medicines you have and make sure they are still okay to use. If any medicines are past their use-by date, don't take them and return them to your local pharmacy for safe disposal.

You can stock up your medicine cabinet from around £10 – details below.

**Stock your medicines cabinet  
for under £10**

| Medicine            | Price        |
|---------------------|--------------|
| Ibuprofen           | 40p          |
| Heartburn           | £2.87        |
| Aspirin             | 44p          |
| Paracetamol         | 38p          |
| Diarrhoea Relief    | £1.04        |
| Constipation Relief | £1.86        |
| Throat Sweets       | 75p          |
| Antihistamines      | £1.90        |
| <b>Total bill</b>   | <b>£9.64</b> |

## Asthma

The weather can make the symptoms of asthma worse and increase your risk becoming unwell.

The link below gives a range of advice and information including:

- Get an asthma action plan in place
- Understanding how to use your inhaler
- Correct aerochamber use (video)
- Asthma Friendly Schools

[Childhood asthma - Lincolnshire ICB](#)

## When to Keep Your Child Off School, nursery or playgroup

Children often pick up minor illnesses and knowing when to keep them at home helps prevent the spread of infection and supports their recovery.

Further guidance can be found on the NHS website for specific symptoms.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Returning to school after the school holidays can be an especially challenging time for parents and children and lots of children coming together after a break can mean infections spread very quickly so it's important to follow this advice.

## Accessing Healthcare While Away from Home



### Be Prepared Away From Home

Simple steps to stay well and choose the right care.

|                                                                                   |                                                                                       |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Start with Self-Care</b><br>Pack basic medicines before you travel.            |   |
| <b>Think Pharmacy First</b><br>Treatment and advice for common conditions.        |  |
| <b>NHS 111</b><br>Get advice and find the right service, anytime.                 |  |
| <b>Minor Injury or Illness</b><br>Visit an Urgent Treatment Centre.               |  |
| <b>WaitLess App</b><br>Check live waiting times for urgent care services.         |  |
| <b>GP Care</b><br>Contact your GP first or access temporary GP care.              |  |
| <b>Mental Health Support</b><br>Call NHS 111 and choose option 2 for urgent help. |  |

**Choose the Right Care. Get Help Faster.**

Use A&E or call 999 only for life-threatening emergencies.

For more information visit:  
[www.lincolnshire.icb.nhs.uk/beprepared](http://www.lincolnshire.icb.nhs.uk/beprepared).

SCAN ME



## Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October. You can also check the UV index on a weather app or website. If it's 3 or higher, consider protecting your skin.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- keep babies under 6 months out of direct sunlight
- use at least factor 30 sunscreen to protect against UVB and at least 4- star UVA protection, make sure to use enough and re-apply frequently.
- Ensure the sunscreen is not past its expiry date

## Children and sun protection

Children aged under 6 months should be kept out of direct strong sunlight. Find out more about [keeping your baby safe in the sun](#).

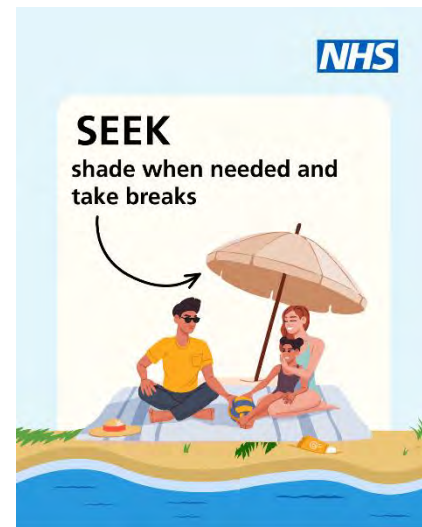
From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

Follow the Slip, Slop, Slap, Slide, Seek advice:

- **Slip** on sun-protective clothing that covers your arms and legs.
- **Slop** on SPF 30+ or SPF 50+ water-resistant sunscreen.
- **Slap** on a wide-brimmed hat to protect your face, ears, and neck.
- **Slide** on wraparound sunglasses to protect your eyes. Choose ones that block 99-100% of UVA and UVB rays.
- **Seek** shade whenever possible, especially during peak UV hours (typically 11:00 AM to 3:00 PM).



## How to deal with sunburn

Sponge sore skin with cool water or have a cool bath or shower, then apply soothing aftersun cream or spray, like aloe vera. Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn. Stay out of the sun until all signs of redness have gone.

## **Water and hydration**

Most people should aim to drink enough during the day, so their pee is a clear pale-yellow colour. It is recommended that people should aim to drink 6 to 8 cups or glasses of fluid a day. This is just a guide, and you may need to drink more fluids if you're:

- pregnant or breastfeeding
- in a hot environment
- physically active for long periods
- ill or recovering from illness

Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count as part of your daily intake.

## **Children**

The best drinks to give children are water and milk. Children can have pasteurised whole or semi-skimmed cows' milk, or goats' or sheep's milk, as a main drink from the age of one. Children should avoid sugary fizzy drinks, squash and juice drinks completely. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.

## **To stay hydrated**

- drink regularly throughout the day
- swap sugary drinks for diet, sugar-free or no added sugar drinks
- limit fruit juice and smoothies to a maximum of one small glass (150ml) a day and drink with a meal, as they're high in sugar
- check nutrition labels on drinks – look for drinks with green or amber colour-coded labels
- drink extra fluids if you've been sweating from physical activity, or if you're unwell – water is the best way to replace lost fluids
- dilute squash drinks or cordials well to reduce the sugar content
- if you don't like the taste of water, try sparkling water, no added sugar squash, or add a slice of lemon or lime
- do not have drinks that are high in sugar too often – they're higher in calories and the sugar can damage your teeth



## Dehydration

An illustration of a thermometer with a red liquid level. The NHS logo is in the top right corner.

**Dehydration can happen more easily if you have:**

- diabetes
- vomiting or diarrhoea
- been in the sun too long (heatstroke)
- drunk too much alcohol
- sweated a lot after exercising
- a high temperature
- been taking medicines that make you pee more (diuretics)

An illustration of a person sitting on a green bench, looking distressed with sweat droplets on their forehead. The NHS logo is in the top right corner.

**Symptoms of dehydration in adults and children include:**

- feeling thirsty
- dark yellow and strong-smelling pee
- feeling dizzy or lightheaded
- feeling tired
- a dry mouth, lips and tongue
- peeing less often than usual

An illustration of a person with long dark hair, wearing a yellow shirt, drinking from a glass. The NHS logo is in the top right corner.

**Things you can do to treat dehydration:**

- You should drink fluids if you have symptoms of dehydration
- If you feel sick or have been sick, you may find it hard to drink, so start with small sips
- A pharmacist can help with dehydration