

PRESS RELEASE

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As children finish school, make sure they stay safe this summer

With schools across the county soon closing for the summer holidays, health professionals want to make sure all parents are well prepared for a safe summer.

Cuts, bruises and sunburn are all potential accidents which may occur, so it's good to have essential over the counter medicines/treatments ready beforehand just in case anything happens.

Essentials items every household should have:

- First aid kit (including bandages, plasters, antiseptic wipes etc.)
- Sunscreen (keep a sun lotion of at least factor 15)
- Antihistamine tablets (useful for dealing with insect bites and allergies such as hay fever)
- Have some oral rehydration solution (e.g. diaoralyte) or squash with sugar in it available to give children with vomiting and or diarrhoea. Remember to give small amounts at regular intervals.
- A supply of painkillers such as paracetamol or ibuprofen

Professor Mayur Lakhani, GP in Leicestershire and Chair of West Leicestershire CCG, said: "If you're child isn't well and you're not sure what to do, NHS 111 is a great place to start.

"The trained call handlers, backed up by clinicians, will be able to advise you of the best action to take or where to get the right treatment."

"By planning ahead and taking a few simple steps you will be ready for the summer holiday."

Dr Rachel Rowlands, Consultant in Paediatric Emergency Medicine at the Children's Emergency Department at the Leicester Royal Infirmary, said: "We would love to share some of our top tips to help you and your family avoid a trip to the emergency department this summer"

- Children love bouncing on trampolines but please make sure you follow the guidelines - make sure the safety net is fully zipped up and you should only have one person bouncing at a time. Adults bouncing children should be avoided and keep toys and pets out of the way too.
- From cuts to scrapes and breaks, painkillers like paracetamol or ibuprofen along with an ice pack can help. If the pain doesn't go away, NHS111 will be able to advise the next steps to take.
- Out for a cycle? ALWAYS wear a helmet, it can help avoid a nasty head injury.
- Fevers are the body's way of fighting an infection. If your child is miserable you can give them some paracetamol or ibuprofen. Treat your child, not the number on the thermometer – if they are happy and playing they don't need medicine. Tiny babies are more at risk of serious infections and those less than 3 months should be seen by a doctor if their temperature goes over 38°C.
- If your child has a burn from something hot like boiling water, an oven or BBQ run it under cold water for 20 minutes. DO NOT use butter, toothpaste or turmeric to treat it. Give them some pain killers and if the skin is blistered or looks white please seek medical advice.

- Family gatherings can be a risky time for small children. Always ensure you know which adult is supervising as sadly tragedies often occur when everyone assumes someone else has an eye on the children.

For more information on the recommended treatments you should have in your medicine cabinet ahead of the summer holiday, visit the NHS Choices website – www.nhs.uk

ENDS

Notes to editors

Interviews are available on request

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