

# Handy Health Handbook

For early years and education providers in Herefordshire  
2016/17



## MMR vaccinations

In order for children to be fully protected against measles, mumps and rubella, they need to have two doses of the MMR vaccination.

The first dose is given when a child is 12 months old with the second dose being given when they reach around three years and four months (before they start school).

Unfortunately, not all children are having their second MMR vaccination, which means they're potentially more susceptible to measles, mumps and rubella, which are viral infections that can quickly spread to unprotected children.

There is more information about the MMR vaccination and all other vaccinations on the [NHS Choices website](#).



## School based vaccination programme

The 2016/17 vaccination programme has been confirmed and all schools should have been advised of their full vaccination schedule for the entire school year. The vaccination dates will also be included on letters to parents, excluding dates for the flu nasal vaccination.

This year, the following vaccinations will be offered...

**Flu nasal spray** will be offered to students in years 1, 2 and 3 during the autumn term. There's a short [YouTube flu video](#) available, which children might find helpful prior to having the vaccination.



**DTP** (diphtheria, tetanus and polio) and **Meningitis ACWY** will be administered to years 9 and 10 between the autumn and spring terms.

**HPV** (human papilloma virus) will be given to year 8 children (first dose) and year 9 children (second dose) during the summer term.

The consent forms and information booklets will be delivered to schools by the immunisation nurses and should be distributed to parents of all eligible children. The completed consent forms should be returned to school in advance of the immunisation sessions taking place. For those students who don't want the vaccinations, they should still be encouraged to return their consent form.

It would be helpful if school's have a newsletter, website or e-mail service to inform parents of the dates the immunisation team will be visiting and to encourage them to return the consent forms before the session. If parents have any queries about the vaccinations, they are advised to contact the team directly on the below details.

If children are absent or unwell on the day, a catch up session can be offered later in the school year, excluding the flu nasal vaccination. If parents and / or students would prefer to have their vaccination at a clinic instead, this can be arranged.

If you require any additional information, please contact the vaccination team on 01432 376959 / 07881 848289 or [HerefordshireIMMS@covwarkpt.nhs.uk](mailto:HerefordshireIMMS@covwarkpt.nhs.uk).

## Norovirus

Norovirus is one of the most common stomach bugs in the UK, causing diarrhoea and vomiting. It's often called the 'winter vomiting bug', as it's more common during winter months, although you can catch it at any time of the year.

Norovirus can often be unpleasant, but usually clears up by itself in a few days and those who have it can normally be looked after at home.

As norovirus can easily be spread to others, it is recommended not to visit a GP but rather call NHS 111 for advice.

### How norovirus is spread

Norovirus spreads very easily in public places such as schools, hospitals and nursing homes and you can catch it if small particles of vomit or poo from an infected person get into your mouth, such as through:

- **Close contact with someone with norovirus:** They may breathe out small particles containing the virus that you could inhale
- **Touching contaminated surfaces or objects:** The virus can survive outside the body for several days
- **Eating contaminated food:** This can happen if an infected person doesn't wash their hands before handling food

A person with norovirus is at their most infectious when their symptoms first start until 48 hours after all symptoms have passed, although they may also be infectious for a short time before and after this.

Unfortunately, you can get norovirus more than once as the virus is always changing, so your body is unable to build up any long term resistance to it.

### How to wash your hands



1 Wet hands with warm water.



2 Apply a small amount of liquid soap.



3 Rub palms together (away from the water).



4 Rub fingers and thumbs, and the bits between



5 Rub nails on palms.



6 Rub the back of each hand.



7 Rinse with clean, running water.



8 Dry thoroughly.

## Preventing norovirus

It's not always possible to avoid getting norovirus, but following the below advice can help stop the virus spreading...

- **Stay off school or work until at least 48 hours after the symptoms have passed.** You should also avoid visiting anyone in hospital during this time
- **Wash your hands frequently and thoroughly with soap and water,** particularly after using the toilet and before preparing food. Don't rely on alcohol hand gels, as they do not kill the virus
- **Disinfect any surfaces or objects that could be contaminated.** It's best to use a bleach-based household cleaner
- **Wash any items of clothing or bedding** that could have become contaminated separately on a hot wash to ensure the virus is killed
- **Don't share towels and / or flannels,** as this helps to spread the virus
- **Flush away any infected poo or vomit** in the toilet and clean the surrounding area
- **Avoid eating raw and / or unwashed produce** and only eat oysters from a reliable source (oysters can carry the virus)



To find out more about how to prevent germs from spreading, visit the [NHS Choices website](#).

Alternatively, the Community Practitioners' and Health Visitors' Association (CPHVA) has produced a handy [clean and healthy start to school booklet](#), which schools and parents may find useful.

## Health outbreaks

If you have a health outbreak, please ensure you inform Public Health England at the earliest opportunity. They will then liaise with the council's public health team.

### Public Health England

2nd Floor, Kidderminster Library, Market Street, Kidderminster, DY10 1AB

Tel: 0344 225 3560 (select option 2, then option 3)

Web: [www.phe.gov.uk](http://www.phe.gov.uk)

Please note that this is for schools and professionals only, members of the public should contact NHS 111 or visit [www.nhs.uk](http://www.nhs.uk).



## National Child Measurement Programme and Change4Life

The [National Child Measurement Programme \(NCMP\)](#) and [Change4Life \(C4L\)](#) have joined forces to develop the new 'our healthy year' initiative, which will help primary school teachers integrate healthy lifestyle learning into their lessons.



C4L has also produced a range of curriculum linked resources for reception and year six primary school teachers to use, which will help build a healthy, balanced diet and being active into the daily school routine.

There are similar resources available for school nursing teams to use with children both in and outside of school. The printed resources are delivered to primary schools via the school fruit and veg scheme and are also available on [Change4Life's School Zone](#).

### National Child Measurement Programme

A big thank you to those schools which took part in and supported this year's NCMP programme, which measures the height and weight of over one million four to five and ten to eleven year olds in primary schools across England.

The NCMP provides an excellent source of data at both a local and national level, which helps increase our understanding of the patterns and trends in underweight, healthy weight, overweight and obesity among children.

To find out more about the NCMP data for Herefordshire, please visit [Public Health England's NCMP local authority profile webpage](#).

### Change4Life's School Zone

Change4Life's School Zone is a fantastic resource for primary teachers, which provides curriculum linked materials and inspiration to help teach children about healthy eating and being active.

School Zone features exciting lesson ideas, homework tasks and whole school activities for use with key stage 1 and 2 students.

To find out more, visit [Change4Life's School Zone](#), where you can also subscribe to new resources and updates via the 'stay in touch' button.

Don't forget that [Change4Life](#) is also a helpful resource for parents and carers to help families eat well, move more and live longer together.



## School nursing service

School nurses are specialist registered public health nurses who offer public health advice to school aged children and young people. This includes evidenced based information on healthy lifestyles, relationships, smoking, sexual health, alcohol and other health related issues.

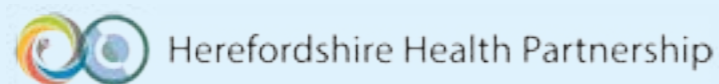
The service is confidential and accessible Monday to Friday by self-referral or referrals from other agencies, including GPs. Parents and carers are also able to access the service.

Every council maintained school has a named public health school nurse, who offer drop in sessions during school hours for secondary schools.

For further information regarding the school nursing service, please call 01432 363940.

## Sexual health service

Since December 2015, all sexual and reproductive health services in Herefordshire have been provided by Herefordshire Health Partnership, which is a collaboration between Worcestershire Health and Care Trust and Taurus Healthcare.



### Integrated sexual health clinic

There is an integrated sexual health clinic (ISH) at 29-30 Commercial Road in Hereford. The clinic can provide STI testing for all ages, with or without symptoms, providing contraception and emergency contraception. There's also a range of specialist sexual health services and referrals made from the clinic.

The clinic offers drop-in and booked appointments from Monday to Saturday by calling 01432 266908 or visit [www.knowyourstuff.nhs.uk/herefordshire](http://www.knowyourstuff.nhs.uk/herefordshire) for more information and opening times.

### Sex and relationship education

The partnership also offer advice on sex and relationship education (SRE) policy, good practice, age appropriate guidance for curriculum and lesson planning for primary, secondary and special schools and colleges. The resources and information can be provided to facilitate understanding about consent and appropriate sexual relationships to safeguard young people from abuse.

To access the service, please contact Heather Smith on 01432 382126 or [heather.smith53@nhs.net](mailto:heather.smith53@nhs.net).

### C-Card

The partnership is running a new C-Card condom distribution service for young people up to the age of 19, which enables them to access free condoms at distribution points across the county. Young people have a conversation with a trained worker about sexual health and healthy relationships and if they fit the scheme's criteria, they'll be issued with a C-Card.

If you're interested in getting involved in the scheme and providing improving sexual health outcomes for the young people you work with, contact Heather Smith on 01432 382126 or [heather.smith53@nhs.net](mailto:heather.smith53@nhs.net).

## Training courses for professionals

There's a range of training courses available for professionals who work with young people and in schools, including current issues for young people in sexual health and relationships.

To find out more, please contact Heather Smith on 01432 382126 or [heather.smith53@nhs.net](mailto:heather.smith53@nhs.net).

## National chlamydia screening programme

The partnership operates a chlamydia screening programme as part of the national initiative to reduce the high rates of chlamydia in 16 to 24 year olds. A free chlamydia testing kit can be ordered online at [www.dontpassiton.co.uk](http://www.dontpassiton.co.uk). In the near future, a kit will also be available from selected distribution points across the county.

## Working with vulnerable young people

There is scope for one to one / group work with young people in the county, who are identified as being vulnerable.

To discuss this further or set up a session, please contact Heather Smith on 01432 382126 or [heather.smith53@nhs.net](mailto:heather.smith53@nhs.net).

## Online STI testing

Young people aged over 16, with a Herefordshire postcode, can order a free STI testing kit for chlamydia, gonorrhoea, syphilis and HIV online at [sh24.org.uk](http://sh24.org.uk). The results will be sent via a discreet text message.

## WISH service

The Wellbeing Information and Signposting for Herefordshire (WISH) service is provided by Herefordshire Council in partnership with Services for Independent Living (SIL).

The service provides a wide range of information and guidance, plus a comprehensive directory of services and activities to support the wellbeing of adults, children, young people and families across Herefordshire. The information is available online, by phone or face to face.

To find out more visit [www.wisherefordshire.org](http://www.wisherefordshire.org) and select either the [children and families](#) or [adults](#) sections.



# PSHE supporting information

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There is a range of different information available to help support teachers and personal, social, and health education (PSHE) lessons. This is by no means an exhaustive list, but will help provide information on different areas, including sexual health and healthy eating.

Please note that although we provide information on different local, regional and national organisations / services, they are not necessarily endorsed by the council. It is your own responsibility to ensure they are suitable for your school and students.

## Sexual health and relationships

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- [Family Planning Association \(FPA\)](#)
- [Brook](#)
- [NHS Choices](#)
- [Sex Education Forum](#)
- [CWP Resources](#)
- [WISH](#)
- [Know Your Stuff](#)

## Domestic abuse

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- [The CRUSH Project](#)
- [The Hideout](#)
- [National Domestic Violence Helpline](#)
- [West Mercia Women's Aid](#)
- [Government - Forced marriage](#)

## Drugs and alcohol

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- [Alcohol and You](#)
- [Drinkaware](#)
- [Public Health England - Alcohol Learning Resources](#)
- [CWP Resources](#)
- [Healthy Schools - Wiltshire](#)

## Healthy eating and physical activity

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- [Change4Life - School Zone](#)
- [Food for Life / Soil Association](#)
- [Sustain](#)
- [Children's Food Trust](#)
- [The Independent School Food Plan](#)
- [British Nutrition Foundation](#)
- [BBC Schools - It's up to you!](#)
- [Government - Food teaching in primary schools](#)

## Smoking

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- [ASH - Action on smoking and health](#)

## Mental health and emotional wellbeing

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- [Young Minds](#)
- [PSHE Association](#)
- [Public Health England and Children & Young People's Mental Health Coalition - Promoting children and young people's emotional health and wellbeing](#)

## Other

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- [British Red Cross - PSHE](#)
- [BBC Schools - Primary ages 4 to 11](#)
- [BBC Schools - Secondary ages 11 to 16](#)