



## Staying well over winter

You do not always have to see your GP for minor illnesses. In many cases, home based self-care might be all that's needed for your child

Check out our 'Staying well over winter' advice on

**Health for Kids: Grownups**

Find out more about how to treat: **fever, head injuries, sickness and diarrhoea, coughs, colds and earache and breathing issues** at home, as well as advice on when to seek further medical health or go to A&E.



All advice has been put together by qualified health professionals.



If you do feel you need some extra guidance, you can use the NHS app or website, NHS 111 Online or your local pharmacy.

If you can't treat the illness yourself or it isn't getting any better, use your GP practice or call NHS 111. In an emergency and when there is a threat to life, call 999 or go to A&E

Try to 'Get in the know' about the right services to use

Familiarise yourself with where to go, stock up your medicine cupboard and be prepared now so you know what to do when the time comes





Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents and carers of children aged 0-19, which enables you to get professional health advice and support.

## Getting in touch

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If you live in Leicester City, text your Public Health  
(School) Nurse on:

**07520 615 381**

If you live in Leicestershire and Rutland, text your Public  
Health (School) Nurse on:

**07520 615 382**

or start a chat via the ChatHealth website

**[chathealth.nhs.uk](https://chathealth.nhs.uk)**

## How does it work?

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The service is available **9am to 5pm every weekday**, excluding bank holidays. All texts will be responded to by a public health nurse (health visitor/school nurse) within 24 hours. Outside of the service working hours, you'll receive a message back to inform you that your text will be responded to once the line reopens.

Should you require urgent health advice in the meantime, contact your GP, visit an NHS walk-in centre, use the online 111 service or call NHS 111. For emergencies, call 999.

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**Self-care for common winter conditions and minor ailments can save you from spending hours in one of our busy GP or hospital waiting rooms this winter and can make your child more comfortable quicker.**