



## HEALTH news Contents

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Our **winter newsletter** contains information selected from the **Hertfordshire and West Essex Healthier Together** website that will help system partners to support families this winter on health-related topics.

### Our New pages



#### Sepsis

To raise awareness of the signs and symptoms of sepsis, our clinical leads have developed a page for parents/carers, that includes a description of what sepsis is, information on who is more at risk of developing sepsis, signs to look out for and when to seek help. Please visit our **sepsis page**.



#### Vaccinations during pregnancy

There are now four vaccinations that are routinely offered to women during their pregnancy: **Whooping cough** (also called pertussis), **seasonal flu**, **COVID-19**, and **respiratory syncytial virus (RSV)**, to protect against pneumonia and bronchiolitis).



**Whooping cough**

**Seasonal flu**

**COVID-19**

**Respiratory syncytial virus (RSV)**

Where all these vaccinations offer both the mother and unborn baby protection, seasonal flu and COVID-19 vaccinations are offered primarily to protect pregnant women from serious illness while they are pregnant. Whooping cough and RSV vaccinations are offered as a way to protect their unborn baby from serious illness in their first few weeks of life. Read our **vaccinations during pregnancy page** for more information.



Visit the **Healthier Together Website**



## Managing winter illnesses

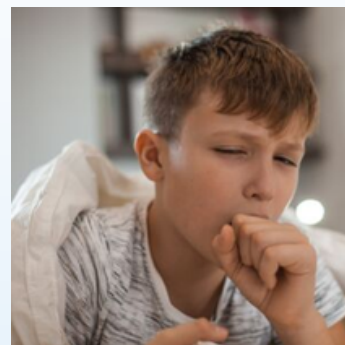
### Bronchiolitis

Bronchiolitis is common in young children and can cause coughs, difficulty breathing, and wheezing. Parents/carers should keep children warm, hydrated and know the signs for when to seek help. Find out more on our **bronchiolitis page**. Primary Care professionals can also refer to our **clinical pathways page**.



### Coughs and colds

Winter is here and so are coughs and colds! Parents/carers should keep their child cozy, hydrated and rested to help them fight off these seasonal bugs. Most winter bugs are caused by viruses so do not require antibiotics for treatment. For more information please visit our **coughs and colds page**.



### Fever/high temperature

Fever is very common in children and usually suggests your child has an infection. Parents/carers should ensure they measure their child's temperature accurately, know how to keep their child comfortable and when and where to seek help. Visit our **fever/high temperature page** for more information.



### Flu (influenza)

Flu is a viral infection that tends to be more common in the winter months. There are vaccines that are free on the NHS that help to prevent children catching and passing it on to others. Visit our **childhood vaccination page** for more information.



## Useful pages to share with families

**Accidents and injuries**, including what to do if a child swallows a battery or magnet.

Each year 40,000 children aged under-five are admitted to hospital following accidents, and lots of these accidents are preventable. Our **accidents and injuries page** covers how to keep your child safe from falls, accidental swallowing of small objects, choking, burns, drowning and electrical shocks. Visit our **accidents and injuries page**.



### Should my child go to school/nursery today?



It can be difficult for a parent or carer to know when to send their child to school or nursery if they are unwell. We have developed a page that gives advice on a number of conditions, including coughs, sickness bugs, chicken pox and more. Please signpost parents and carers to our page - **Should my child go to school/nursery today?**

### My baby is yellow/jaundice





As part of the refresh of the **Newborns and less than 3 months** section, we have published a page called **My baby is yellow/jaundice**, to help parents/carers to quickly spot the signs of jaundice and advise them on what to do if they suspect their baby has jaundice and when and where to seek further help.



## Ways to share our website

### What you can do



-  • **Refer** to clients and patients during appointments or consultations.
-  • **Add our weblink** to your organisation's website or seasonal health newsletters.
-  • **SMS share function** at the top of each page to send a link by text to a mobile number.
-  • **Display poster** in your reception and waiting areas, and on digital screens.
-  • **Language function** at the top of each page to translate pages into over 200 languages.
-  • Download the Healthier Together **social media toolkit** to use within your organisation.

### Pin the page to your device

You can pin the HWE **Healthier Together website** to your mobile phone or tablet device's home screen so you can easily access the pages you need!

#### On Android devices

Launch Internet and open **Hertfordshire and West Essex Healthier Together**

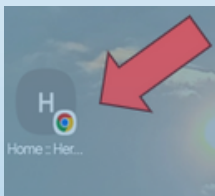
- Tap the three lines icon on the bottom right of the screen, select **Add Page To**.
- **Select Home Screen**, you'll be prompted to name the shortcut before tapping the Add button.

#### On Apple devices

Launch Safari and open **Hertfordshire and West Essex Healthier Together website**

1. **Tap the share button** on the browser's toolbar—that's the rectangle with an arrow pointing upward. It's on the bar at the bottom of the screen.
2. **Click on the Add to Home Screen icon** in the Share menu. You'll be prompted to name the shortcut before tapping the Add button.

This is what the icon should look like on your Home Screen



Healthier Together

# Health advice at your fingertips



for children and families in  
Hertfordshire and West Essex



Accidents and  
injuries



Bronchiolitis



Coughs  
and colds



Fever and high  
temperature



Flu (Influenza)



Sepsis



Should my child go  
to school today?



Sore throat



Maternity  
vaccinations

Scan a **QR code** to find out how to  
help your child when they are  
unwell this **winter**



Healthier Together

[www.hwehealthiertogether.nhs.uk](http://www.hwehealthiertogether.nhs.uk)