

Schools Pack

Included in this pack is some useful information about accessing healthcare during the Easter 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.

WaitLess

Don't wait.
Download **WaitLess** now.

NHS

16 mins travel
11 patients waiting
longest wait 59 mins
Total Wait
1 hr 5 mins

Avoid long wait times when you need urgent care

GET IT ON Google Play | Download on the App Store

Choose Well this Easter

There are a range of services that are available to you over the Half-term/Winter period and how to access them. This includes the range of services available and includes pharmacy opening hours as these are more limited over the Festive season and into the New Year. More information can be found here: [Choose Well Lincolnshire - Lincolnshire ICB](https://lincolnshire.icb.nhs.uk/choosewell)



NHS

Choose Well for your child this Easter

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 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>



NHS

CHOOSE WELL THIS EASTER

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



Medicine Cabinet Essentials

This is the time of year when a lot of us are busy shopping for the Easter 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 Easter 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
Total bill	£9.64

Asthma

The Cold weather can make the symptoms of your 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](#)

Good Hand Hygiene

Hand hygiene is one of the simplest and most effective ways to prevent illness. Children often come into contact with germs through play, school, and daily activities. Proper handwashing helps:

- Prevent the spread of infections like colds, flu, and stomach bugs.
- Protect vulnerable family members such as babies, elderly relatives, or those with weakened immune systems.
- Reduce absenteeism from school due to illness.
- Promote lifelong healthy habits that benefit overall well-being.

Key Reasons to Teach Hand Hygiene to Children

- Germs Are Everywhere
- Germs can live on surfaces like toys, door handles, and screens. Hands are the main carriers of these germs.

Invisible Threats

- Children can't see germs, so explaining that they are tiny organisms that make us sick helps them understand why washing is necessary.

Stops Illness Before It Starts

Washing hands removes germs before they enter the body through the mouth, nose, or eyes.

When Should Children Wash Their Hands?

Teach them these key moments:

- Before eating or handling food.
- After using the toilet.
- After playing outside.
- After coughing, sneezing, or blowing their nose.
- After touching pets or animals.
- After handling rubbish or dirty items.

How to Teach Proper Handwashing to Young Children

- Make It Fun
- Use songs or timers (20 seconds is ideal).
- Turn it into a game: "Can you make lots of bubbles?"
- Show and Tell
- Demonstrate the steps: wet, lather, scrub (including between fingers and under nails), rinse, and dry.

Explain Why

- Use simple language: "Washing hands keeps the bad germs away so we don't get tummy aches or colds."

Positive Reinforcement

- Praise them for remembering to wash their hands.
- Use stickers or charts for younger children.

Extra Tips

- Keep soap and towels within easy reach for children.
- Carry hand sanitiser for times when soap and water aren't available.
- Model good behaviour—children learn by watching adults.

Simple Explanation for Kids

- “Germs are tiny bugs that can make us sick. Washing our hands with soap and water washes the germs away so we stay healthy and strong.”

Good hygiene role modelling by adults means:

- **Covering your nose and mouth with a tissue** when you cough or sneeze and put the tissue in the bin straight away – don't save it to re-use later. If you don't have a tissue cough or sneeze into the crook of your elbow rather than your hands.
- **Wash hands with soap and warm water.** This will remove the majority of germs, preventing spread to other people. Studies show that hand-washing techniques are often poor and the most commonly neglected areas are the tips of the fingers, palm of the hand, and the thumb.
- **Use alcohol hand rub** Can be used if hands look clean and where soap and water is not available. This should be rubbed into all areas of the hands, again paying attention to the thumbs, fingertips, between the fingers and the backs of the hands until the hands feel dry. But it's important to know this won't help with norovirus – soap and water is best.

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.





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



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

