

It is estimated that **1 in 10** children suffer from **asthma**.

The summer is when **hay fever** is at its peak.

Your child can lead a **normal school and home life**.

The school nurse, or your local GP practice nurse, are an able source of good medical advice on how to treat your child, they can also liaise with the GP if they need further assistance.

If you are out of hours or can not get an appointment at your GP practice you can access your local Walk in Centre.

Find your local Pharmacist / GP/ Dentist

<http://www.nhs.uk/service directories/pages/service search.aspx>

NHS Direct 0845 4647 www.nhsdirect.nhs.uk

Minor Injury Units (MIU)

Clacton – 9am to 9pm – 7 days a week

Harwich – 9am to 5pm – 7 days a week

MIU only treat the following:

- Sprains and strains
- Broken bones
- Wound infections
- Minor burns and scalds
- Minor head injuries
- Insect and animal bites
- Minor eye injuries
- Injuries to the back, shoulder and chest

Fryatt Hospital and Mayflower Medical Centre,

419 Main Road, Harwich, Essex, CO12 4EX Tel: **01255 201201**

Clacton and District Hospital,

Tower Road, Clacton On Sea, Essex, CO15 1LH Tel: **01255 201717**

Walk in Centre (WIC)

Colchester – 7am to 10pm – 7 days a week

WIC only treat the following:

- Infection and rashes
- Lacerations
- Emergency contraception and advice
- Stomach upsets
- Cuts and bruises
- Burns and strains

North Colchester Healthcare Centre,

Colchester Primary Care Centre, Turner Road, Colchester, Essex, CO4 5JR Tel: **01206 314015**

Useful Links

www.asthma.org.uk

Portions of text reproduced with the kind permission of Great Ormond Street Hospital's Children First for Health website: www.childrenfirst.nhs.uk

Common Child Conditions Asthma & Hay Fever

Tendring South Schools

Promoting Positive Partnerships



NHS

North East Essex

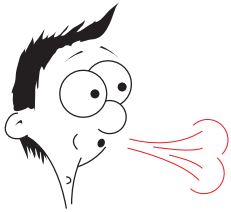


Asthma...

It is estimated that one in ten children suffer from asthma. This has been steadily increasing over the last 30 years, although the rate of increase seems to be levelling off.

The good news is that with modern management and medication, most children should be able to attend school live full and active lives and their symptoms should be kept under control.

In asthma, the airways within the lungs become narrowed. This often happens in response to a trigger – most commonly colds, house dust mites, pets (especially cats and dogs) and pollen, but there are many more. Please let your school know what triggers your child's asthma.



Symptoms include **wheezing, troublesome coughing, breathlessness and tightness in the chest.** However, not everyone will get all of these symptoms. Some children may experience them occasionally,

while a few may experience these symptoms all the time. Making a diagnosis is not always straightforward.

For most children, asthma is a mild condition that can be controlled by inhaled medication at home and at school.

It is very important that asthma medication is taken properly and that the doctor or asthma nurse has explained how to use inhalers correctly. Every child with asthma should be reviewed regularly by their doctor. Please ensure that the school knows what medication your child needs on a daily basis and when it is required. It is also important your child knows how to use their inhalers correctly.

The key to asthma management is to allow children to lead a normal school and home life, while keeping their symptoms under control.

Some research has suggested that lots of fresh fruit and vegetables, as part of a balanced diet, can help protect against asthma.

Unfortunately there isn't any known way to prevent asthma.

There's some evidence that breastfeeding can delay the onset of symptoms. **Avoiding smoking** during pregnancy and ensuring your child's environment afterwards is smoke free will help. Cigarette smoke damages the small airways of a baby's lungs leaving the child more prone to wheezing.

Fortunately, many children with asthma 'grow out of' or lose their symptoms. Others may find that their symptoms become milder as they get older. However some continue to suffer from asthma through into adulthood. Even if a child's symptoms do disappear, there is a chance of them recurring in the future.

Hay Fever...

The summer is when hay fever is at its peak. Your child can lead a normal school and home life with managed hay fever.

Hay fever is caused mainly by **grass** and **pollen** from **trees** and **flowers**. The pollen stimulates the body to release a chemical which triggers the symptoms of an allergic reaction, and causes typical symptoms of **recurrent sneezing** and **itchy nose, throat** and **eyes**.

It usually occurs during spring and summer. When each child is most badly affected depends on which types of pollen they are most allergic to.

The pollen count, in other words the amount of pollen in the air, isn't only determined by the season. It also depends on the weather. If it's sunny, flowers open and more pollen is released into the air. Wind circulates pollen in the air. Rain clears pollen from the air and causes levels to fall. Symptoms usually start when the pollen count reaches around 50.

The first rule of allergy treatment is to try and avoid the allergen, but in the case of hay fever, this is virtually impossible especially during summer when children want to play outside.

Medical treatment can take the form of eye drops if the eyes are affected, or antihistamine tablets or syrup if the nose and throat are also affected. Please ensure you tell the school about your child's hay fever and speak to them about the medication your child has for it.

There are a few things your child could try to reduce the severity of symptoms. These include:

- **Staying indoors when the pollen count is at its highest - often in the evening.**
- **Avoiding cut grass.**
- **Keeping windows closed in the car.**
- **Wearing sunglasses (the wraparound type are especially helpful).**
- **Avoiding smoking and smoke filled environments.**

