

COLD

WEATHER MESSAGES

Children's Health and Wellbeing

FLU JAB

Flu can have serious consequences for children. Your GP, practice nurse or school can give further information on when & where your child can get the jab.



HYDRATE

In drier winter air children lose more water through their breath. Keep them drinking and try giving them warm drinks and soup for extra appeal.



FOOTWEAR

Footwear with a good grip and thick sole will reduce the risk of slipping and falling on icy pavements



LAYERS

Lots of thin layers are better than one thick layer! Aim to dress babies and younger children in one layer more than adults would wear.



VISIBILITY

Children should aim to wear or carry something to make them more visible when making journeys. This should be bright or fluorescent during the day and reflective at dusk and in the dark.



CONDITIONS

While we stress that this is unlikely to occur signs of frostbite and hypothermia can be found at www.nhs.uk/conditions/frostbite

