

caring for your child

during the Coronavirus outbreak



It is important to remember that children may still become unwell and you may need support and advice

The NHS remains available for advice and support for a medical condition other than COVID-19, and you can contact your Health Visitor too!

Some other resources which may be useful are:

- ★ The School Nursing Service (for older children):
01702 543843/sccg.southendpublichealthnurses@nhs.net
 - ★ Text the ChatHealth number on **07520 649895** to start talking with a school nurse
 - ★ NHS 111 service: simply **dial 111** to chat with a trained professional
 - ★ You can still contact your GP practice should you feel you need to
- Please note that in an emergency you should still call 999.**

You can find helpful information about how to manage a range of minor childhood illnesses, and how to treat them in our Parents Guide to Childhood Illnesses booklet, in collaboration with Southend-on-Sea Borough Council and Southend Clinical Commissioning Group:

www.0-4.southendchildhealth.co.uk/docs/southend.pdf