



Autumn Safety 2018

Back to school and nursery: here are some helpful messages to keep your child safe and healthy during the autumn.

Hand washing! Keep yourself and your children safe from both the flu and vomiting bug by ensuring regular washing of hands for at least 10-15 seconds.

Flu - Flu can be a very unpleasant illness for children, with potentially serious complications, including bronchitis and pneumonia. In the autumn/winter of 2018/19, the vaccine will be available free on the NHS for eligible children, including:

- children born between 1 September 2014 and 31 August 2016
- children in reception class and school years 1, 2, 3, 4 and 5
- in some parts of the country, all primary school-aged children will be offered the vaccine
- children aged 2 to 17 with long-term health conditions

Asthma

Making sure your child's asthma is well managed helps them to lead a normal and active life. It is important that your child attends for regular asthma reviews, has an asthma action plan in place, and that you and other family members are aware of what triggers their asthma and how best to manage it. For more information visit Healthy Suffolk's [Take Asthma Seriously](#) campaign.

Vaccinations

MMR - it is important to make sure that your children are up to date with their routine childhood vaccinations particularly measles, mumps and rubella, as low vaccination rates have been blamed for a number of outbreaks of measles across Europe this summer.

Sepsis

Sepsis is a serious life-threatening illness, which can occur as a result of an infection. There are a number of factors, which can increase someone's risk of sepsis including being very young. It is important that parents are aware of the signs and symptoms of sepsis and what action to take if you suspect your child may have sepsis. Information on sepsis is available from [NHS Choices](#).

Safer Sleep

Suffolk's Safer Sleeping campaign are championing [six simple steps](#) to ensure babies have safe appropriate sleeping arrangements. For details of the campaign and more information click [here](#).

Safe use of mobile devices

Children often don't realise the dangers of distracted walking whilst using phone, so before your children head out, remind them of these safety tips:

- Never walk while texting or talking on the phone
- Never cross the road while using an electronic device
- Do not walk with headphones in your ears
- Always walk on the pavement, but if you must walk on the road, face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at marked crossings where possible



e-Safety – Excess phone and internet use may affect a child’s wellbeing and safety. This can lead to sleep deprivation, poor mental or emotional wellbeing and reduced school performance. Whilst online bullying is a known to be an issue, a recent NSPCC study has also highlighted growing concerns around online grooming and sexual behaviour. As a parent, there are practical steps you can take to protect your child online, including the use of high privacy settings and parental controls. The NSPCC and O2’s website [Net Aware](#) has lots of tips and advice about online safety as well as information on the latest sites, apps and games. Any young person can call **Childline: 0800 1111** to talk confidentially.

Safer fires- Domestic fires are a safety risk for children, the incidence of burns in young children is also much higher than that of older children and adults so make sure you take the following fire safety measures in the home

- Keep matches and lighters out of sight and reach of children
- Always use a fireguard that conforms to BS 8423: 2010 and secure it to the wall
- Extinguish and dispose of cigarettes properly
- Have an escape route planned, and practise it, in case of fire
- Fit a smoke alarm which complies with BS EN 14604 2005 and check it regularly

Prevent falls -falls are by far the most common causes of accidents in the home; they account for 44 per cent of all children's accidents, have a look at the following measures for prevention:

- Make sure check “Fit a safety gate BS EN 1930: 2011” at the top and bottom of stairs
- Never leave tripping hazards on the stairs
- Stairs should be carefully maintained – damaged/worn carpet should be repaired/replaced
- Make sure balustrades are strong and do not have any footholds for climbing
- Stairs should always be well lit
- Fit child resistant window restrictors but make sure you can get out easily in an emergency
- Do not put anything under the window that can be climbed on
- Tall furniture/kitchen appliance, at risk from being pulled over, should be secured to wall

Road Safety - Ensure your child knows how to keep safe on the roads as a pedestrian, in towns and in rural areas.

- Teach crossing safety to children
- Be aware of driveway dangers, reversing drivers or rolling cars. Visit www.suffolkroadsafe.net for more local road safety resources.
- Drink driving and drug driving can kill –talk to your teenagers about the distraction danger when a large group are in the car together.
- Bicycle helmets save lives. Make sure to wear a comfortable, properly fitted helmet.
- Make sure you child knows how to be road safe on their bike: cycling proficiency courses in Suffolk are provided by [Bikeability](#)
- Ensure that children under 12 years old or less than 135 centimeters tall are safely secured to a vehicle **AND** also ensure the car seat is safely secured to the car. For some simple and easy to follow videos on how to properly install a car seat click [here](#)

Gang

There are many reasons why a child or young person might become involved with gangs. Warning signs of can include changes in behaviour or appearance, new friends and using new language especially slang. If you suspect that your child is involved in a gang (or want to prevent your child becoming involved) visit [Suffolk Police](#), [Childline](#) and the [NSPCC](#) website.

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