

Know the basics

It's your life

As you get older you need to start taking some responsibility for your health, well-being and safety. Physical Health is not just about the health of your body but helping your body to work at its full potential which includes exercise and nutrition, knowing your body and how it works, and how to look after it.

1 in 10 children have mental health problems which can include depression, anxiety and conduct disorder. These are often a direct response to what is happening in their lives. Your emotional well-being is just as important as your physical health. It is important to speak up if you are feeling unwell or you are unhappy about something which is happening.

You will face choices that will affect your health now and in the future around smoking, alcohol or having sex.

School Nurse says

- Take responsibility for your health, well-being and safety.
- Find out what to do if you are unwell or injured.
- Smoking or taking drugs puts your health in danger.
- It is not safe to have unprotected sex, find out more and do not be forced into doing anything you do not want to.
- Be aware of e-safety.
- Speak to an adult you trust if you are unhappy about something in your life.

If you are ill or injured, choose well from the following services available:

<ul style="list-style-type: none"> ▪ Grazed knee ▪ Sore throat ▪ Coughs and colds 	<p>Self Care</p>	<p>You can treat minor illnesses and injuries at home by using the recommended medicines and making sure you get plenty of rest www.nhs.uk.</p>
<p>If you are:</p> <ul style="list-style-type: none"> ▪ Unsure ▪ Confused ▪ Need help 	<p>NHS 111</p> <p>For 24 hour health advice and information.</p>	<p>Call NHS 111 when it is less urgent than 999 www.nhs.uk/111</p>
<ul style="list-style-type: none"> ▪ Mild diarrhoea ▪ Mild skin irritations (including spots/rash) ▪ Mild fever 	<p>Pharmacist</p> <p>For advice on common illnesses, injuries and medication.</p>	<p>To find your local pharmacy and its contact details visit: www.nhs.uk/chemist OR text 'pharmacy' to 64746 for your nearest 3 pharmacist details.</p>
<ul style="list-style-type: none"> ▪ High temperature ▪ Head injuries not involving loss of 	<p>Doctor/GP</p> <p>For the treatment of illnesses and injuries that will not go</p>	<p>Write your GP (family doctor) telephone number here:</p>

consciousness <ul style="list-style-type: none"> ▪ Persistent cough ▪ Worsening health conditions (inside GP hrs) 	away.	
<ul style="list-style-type: none"> ▪ Minor bumps, cuts and possible fractures (during 9-5) ▪ Dehydrated ▪ Headache ▪ Tummy pain 	Minor Injuries Unit For treatment of minor illnesses and injuries without an appointment.	Minor Injuries Unit
<ul style="list-style-type: none"> ▪ Unexpected and sudden sickness ▪ Severe pain ▪ Worsening health conditions (outside GP hrs) 	Urgent Care When you need healthcare in a hurry 24 hours a day.	A&E
<ul style="list-style-type: none"> ▪ Choking ▪ Loss of consciousness ▪ Fitting ▪ Broken bones 	A&E or 999 For very severe or life threatening conditions.	A&E

NHS 111 is free to call from any landline or contract mobile phone. Pay-as-you-go mobile phones require 1 pence credit to make a call.

Contacts

- For support and advice speak to your GP or School Nurse.
- www.nhs.uk