



SEASONAL HEALTH ADVICE

BRUISES, CUTS AND GRAZES

BRUISES

Bruises are bluish or purple-coloured patches that appear on the skin when tiny blood vessels, called capillaries, break or burst underneath. The blood from the capillaries leaks into the soft tissue under your skin, causing the discolouration.

Over time, this fades through shades of yellow or green - usually around two weeks. Bruises often feel tender or swollen at first.

If you have a bruise get help from an adult who can then cool the area with a cold compress (a flannel or cloth soaked in cold water) or an ice pack wrapped in a towel.

CUTS AND GRAZES

If you got a cut or a graze playing or taking part in sports, don't panic!

Most cuts and grazes are not serious, but you should ask an adult to check for any signs of infection for the first few days after the cut has occurred.

MIU OR GP

Redness and swelling are signs of infection. If your teacher, parent or carer suspects that your injury has become infected, they will need to take you to your doctor surgery or a minor injury unit. Make sure your parent/carer knows where the nearest MIU (Minor Injury Unit) is located. The information can be found on the NHS Choices website at www.nhs.uk

MIU

MINOR INJURIES UNIT

SEASONAL HEALTH ADVICE



HAYFEVER

Do you have a constant runny nose and you are sneezing every day for part of the year but not in the winter? It might be a sign that you are allergic to something. Tell your parent or carer so they can find out what they can do for you to make you feel better.



SPRAINS AND STRAINS

The weather is much nicer in spring and you want to spend more time out playing and running around. This is good fun and good for your health but be careful!

Sprains and strains are very common injuries that affect muscles and ligaments.

They often occur if you change direction or speed suddenly, fall and land awkwardly or collide with an object or person - such as when playing sports.

A green rectangular sign with a white pharmacy cross symbol at the top. Below the symbol, the word 'Pharmacy' is written in white. Underneath, there is white text providing advice on finding a pharmacy and a website link. A cartoon bear character is partially visible at the bottom right corner of the sign.

Pharmacy

Pharmacists can offer great advice. Make sure your parent/carer knows where the nearest Pharmacy is located.

The information can be found on the NHS Choices website at www.nhs.uk



SEASONAL HEALTH ADVICE



SPRAINS

Where are sprains most common?
You can get sprains on your knees, ankles, wrists and thumbs.

? HOW DO I KNOW IF I HAVE A SPRAIN?

You will:

- have pain around the affected joint
- be unable to use the joint normally or being unable to put weight on it
- have swelling
- have bruising
- have tenderness

The swelling from a sprain will often occur soon after the injury, but the bruising may not show until later or it may not show at all. Get an adult to check this out for you.

? HOW DO I KNOW IF I HAVE A STRAIN?

You will have:

- pain in the affected muscle
- swelling
- bruising
- muscle spasms
- blood collecting under the skin when you have the strain - this is known as a haematoma, and it may look like a large, dark-red bruise

The swelling from a sprain will often occur soon after the injury, but the bruising may not show until later or it may not show at all. Get an adult to check this out for you.

STRAINS

A strain occurs when muscle fibres stretch or tear. They usually happen when the muscle has been stretched beyond its limits.

Where are strains most common?
Muscle strains are particularly common in the legs and back.

GP

If you don't feel better with regular painkillers, such as paracetamol or ibuprofen within a few days, get your carer/parent to speak with your doctor.