



South Central Ambulance Service **NHS**  
NHS Foundation Trust

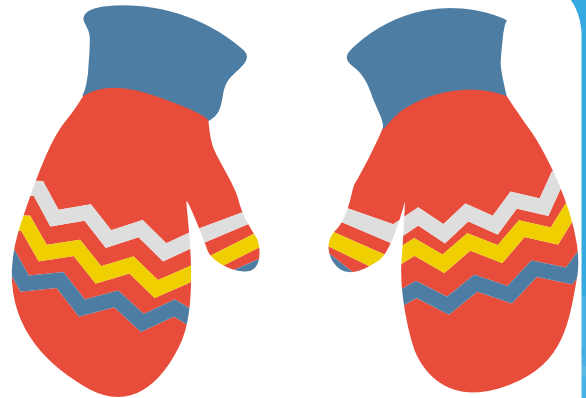


# SEASONAL HEALTH ADVICE

## BE SAFE OUTSIDE

### CLOTHES

Wrap up warm! Wear several light layers of warm clothes (rather than one chunky layer).



### DRINK UP!

When you are playing outside, make sure that you take a break and go inside for a hot drink if you can. This will ensure that you keep yourself hydrated and warm again.

### FALLS

Be careful in icy conditions!

Footwear – wear the right ones. Be careful on slippery ice! Wear boots and shoes with a good grip that protect and support with non slip soles to avoid any nasty falls.



# SEASONAL HEALTH ADVICE



## REMEMBER

Be smart be seen. In winter it gets dark much earlier. Make sure you wear a reflective armband over your coat.

Watch the Brighten Up video with your parent or carer and teachers to learn more!

<http://talesoftheroad.direct.gov.uk/be-bright.php>

Watch the Stop, Look and Listen video with your parent or carer and teachers to learn more!

<http://talesoftheroad.direct.gov.uk/stop-look-listen.php>

Get lots of useful home sheets from the Think! Education website with your parent or carer and teachers to learn more!

<http://think.direct.gov.uk/education/early-years-and-primary/parents/home-link-sheets/>



# SEASONAL HEALTH ADVICE



## SKIING

Make sure that you have the right gear and know how to use it. All your equipment should be specifically designed for skiing (protective eyewear and helmets, boots, poles and ski clothes).

Don't attempt to ski on your own if you have never tried it before!

## SLEDGING

Make sure you wear padded clothes such as snow jackets and trousers and, if appropriate, safety gear so that even if you come off you do so without too much risk of injury.

Even on a fast downhill run you should always feel in control while sledging and make sure you have a clear path.

Have fun responsibly!

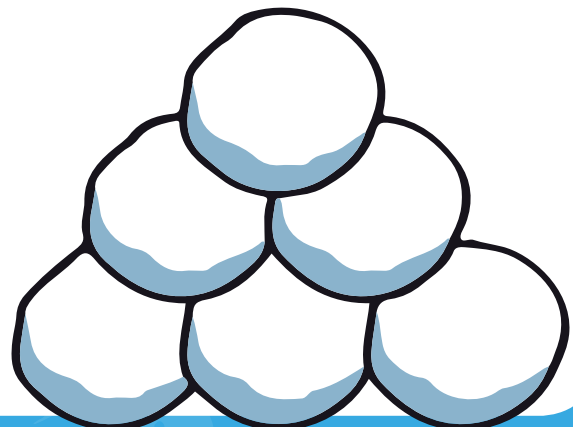


## SNOWBALLS

Throwing snowballs can be fun but be careful!

### Don't throw snowballs

- with stones in and snowballs that have frozen or made of compacted ice because it can result in eye or head injuries
- at passing cars because it might restrict their view and cause an accident
- at people, especially elderly ones because they might frail and fall



# SEASONAL HEALTH ADVICE



## COUGHS AND COLDS

Stop nasty germs! Remember to cover your mouth and nose with a tissue. Then simply put the tissue in the bin and wash your hands.

## FEVER

If you feel awful - hot, achy and with a sore throat - you might have a fever. Your parent or carer will take your temperature and if it's fever you will need to go to bed and drink plenty of fluids for a few days.

Do you know how you got the fever? Those nasty germs again!! Make sure you know what to do to avoid these by following our advice in this booklet

## HAND WASHING

Stop nasty germs! Wash your hands with soap and warm water every time to help reduce the spread of infections. Particularly after playing or going to the toilet, and before you eat food.

## UPSET TUMMY

If you have diarrhoea or vomiting or both, tell your teacher if you are at school or your parent or carer at home straight away. You will need to be kept at home and be given plenty of fluids until it goes away.

