



Integrated Specialist Public Health Nursing School Nursing Newsletter

May 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

SUN SAFETY

Sunburn increases your risk of skin cancer, it does not just happen on holiday, you can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun safety tips

Stay in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- * spend time in the shade between 11am and 3pm

- * cover up with suitable clothing and sunglasses (sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-

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- * use at least factor 30 sunscreen DO NOT BURN

- * Avoid looking directly at the sun, as this can cause permanent eye damage.



How to deal with sunburn

Sponge sore skin with cool water, then apply soothing aftersun cream or spray, like aloe vera.

- * Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.
- * Stay out of the sun until all signs of redness have gone.
- * Seek medical help if you feel unwell or the skin swells badly or blisters.
- * Stay out of the sun until all signs of redness have gone.

Heat Exhaustion

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency

CALL 999 if still feeling unwell after 30 minutes, shortness of breath, feeling confused, fits/seizures, loss of consciousness and place in the recovery position

The signs of heat exhaustion include:

- * headache
- * dizziness and confusion
- * loss of appetite and feeling sick
- * excessive sweating and pale, clammy skin
- * cramps in the arms, legs and stomach
- * fast breathing or pulse
- * a high temperature of 38C or above

If someone has heat exhaustion, follow these 4 steps:

- * Move to a cool place
- * Lie down and raise your feet slightly
- * Drink plenty of water
- * Cool your skin – spray or sponge with cool water and a fan



School Nurse DROP-IN

If you are aged between 12 and 19 (25), you can access confidential NHS advice about your health, safety and emotional wellbeing. We play an important role in educating young people about making healthy choices and offer help and advice.

To find out when your drop-in is, speak to student services or take a look here

[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look at page

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

[Key Topics \(SEND\) | Humber ISPHN](#)

CHAT HEALTH

TEXT 07507 332891

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be signposted to local services if they choose to share their details.

Useful resources/websites

Sunscreen and sun safety - NHS (www.nhs.uk)

Sunburn - NHS (www.nhs.uk)

Heat exhaustion and heatstroke - NHS (www.nhs.uk)

[Water, drinks and your health - NHS \(\[www.nhs.uk\]\(http://www.nhs.uk\)\)](#)

Helpline numbers

Helplines

Childline 0800 1111

Samaritans 116123

CAMHS Crisis 01482 301701

Text SHOUT to 85258

Young Minds Textline-Text 'YM' to 85258



Thank you for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website

humberisphn.nhs.uk

