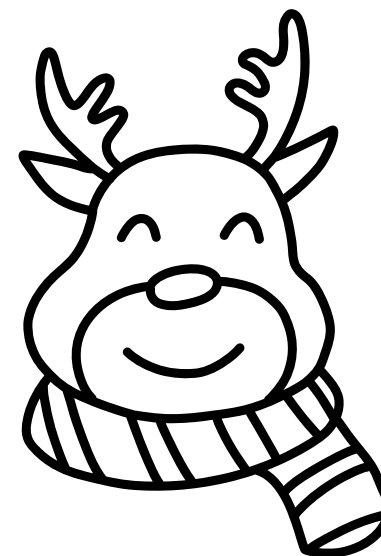


Winter health tips for your child

- Know Where To Go: There are lots of place to get help for illnesses and injuries, including your local pharmacy, NHS111 and Urgent Treatment Centres:

- St Mary's: 8am - 8pm (PO3 6DW)
- Gosport War Memorial: 8am - 10pm (PO12 3PW)
- Petersfield: 8am - 8pm (GU23 3LB)

- Teach your child to wash their hands and cover their coughs and sneezes.
- Babies and children are more at risk of dehydration. Make sure your child drinks water to stay hydrated.
- Make sure your child is up to date with their vaccines to protect them against illnesses such as measles, meningitis and flu. Contact your GP.
- Having a stocked medicine cabinet can help with treating your child at home. A thermometer, children's ibuprofen, paracetamol and teething gels can be handy.
- Use the Healthier Together website by scanning the QR code or heading to www.what0-18.nhs.uk for advice and symptom checkers.



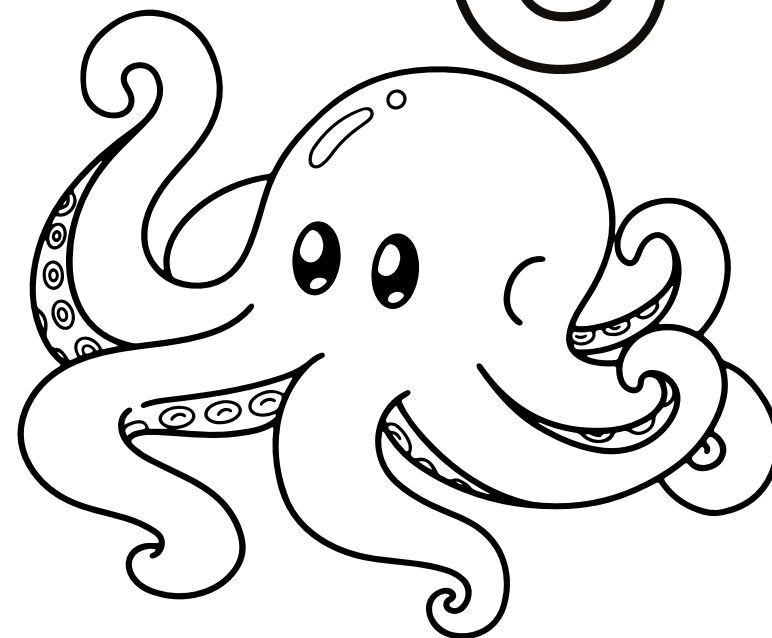
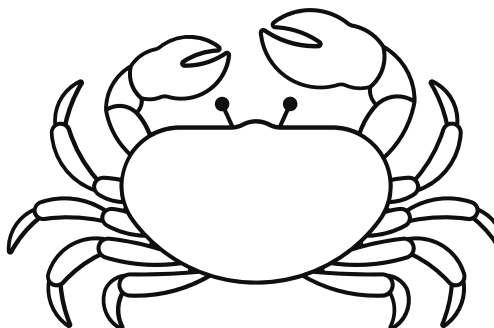
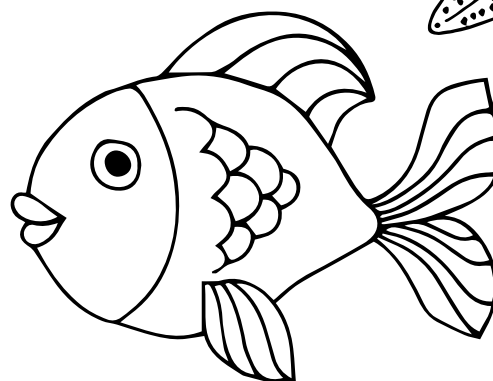
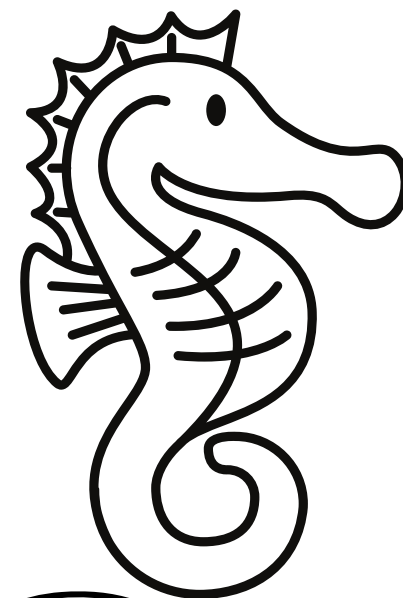
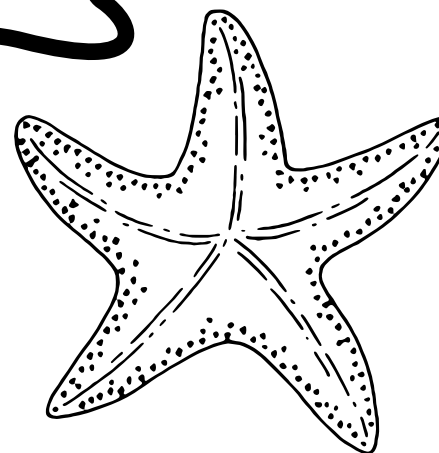
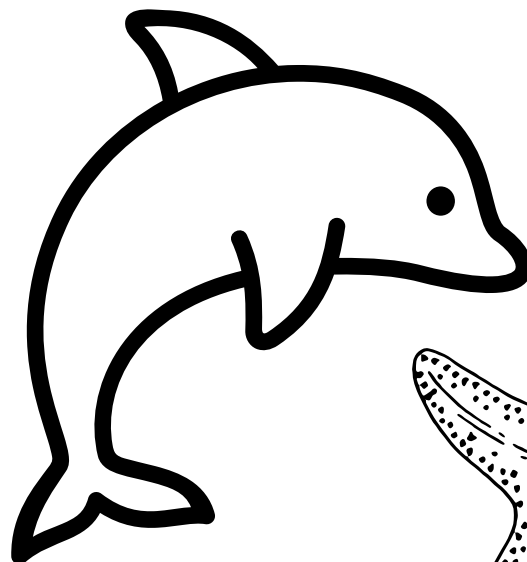
Colour me in and stick me on the fridge

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