

FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go to the Accident & Emergency Department particularly when everyone is being asked to stay at home. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE

- Pale/mottled/ashen/blue colour
- Collapsed/unresponsive/loss of consciousness
- No obvious pulse or heartbeat
- Severe allergic reaction

BEHAVIOUR

- Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- Seizure/jerking movements/fit

BREATHING

- Sucking in and out between ribs
- Flaring nostrils
- Extremely fast breathing
- Noisy breathing

OTHER

- Bleeding from an injury, that doesn't stop after 10 minutes of pressure.

YOU SHOULD GO TO A&E IF

APPEARANCE

- Dizziness/feeling faint
- Rash that does not fade when you press it

BEHAVIOUR

- Severe constant tummy pain

OTHER

- Burn
- Possible broken bone

OTHER

- Swallowed foreign objects (especially magnets/batteries)
- Temperature higher than 38°C in a baby younger than three months old
- Your child has special health care needs and you have a plan that tells you to go to A&E
- Feels abnormally cold to touch
- Expressing suicidal/significant self-harm thoughts

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- Mild/moderate allergic reaction (known or suspected)
- New rash that fades when you press it

BEHAVIOUR

- Mild irritability/sleepier than normal
- Severe tummy pain that comes and goes
- Vomiting and diarrhoea
- Not passed urine for more than 12 hours

BREATHING

- Wheezing/fast breathing

OTHER

- Temperature of 39°C or more (aged 3-12 months)
- Temperature of 38°C for more than 5 days
- Accidental overdose of medication or other substances
- Ear pain for more than 2 days
- Emotional distress, that can't be reassured

YOU SHOULD CHECK WITH NHS 111 OR COMMUNITY PHARMACIST IF

APPEARANCE

- Pink or red eyes

BEHAVIOUR

- Ear pain for less than 2 days
- Mild tummy pain that comes and goes

BREATHING

- Cough
- Runny nose

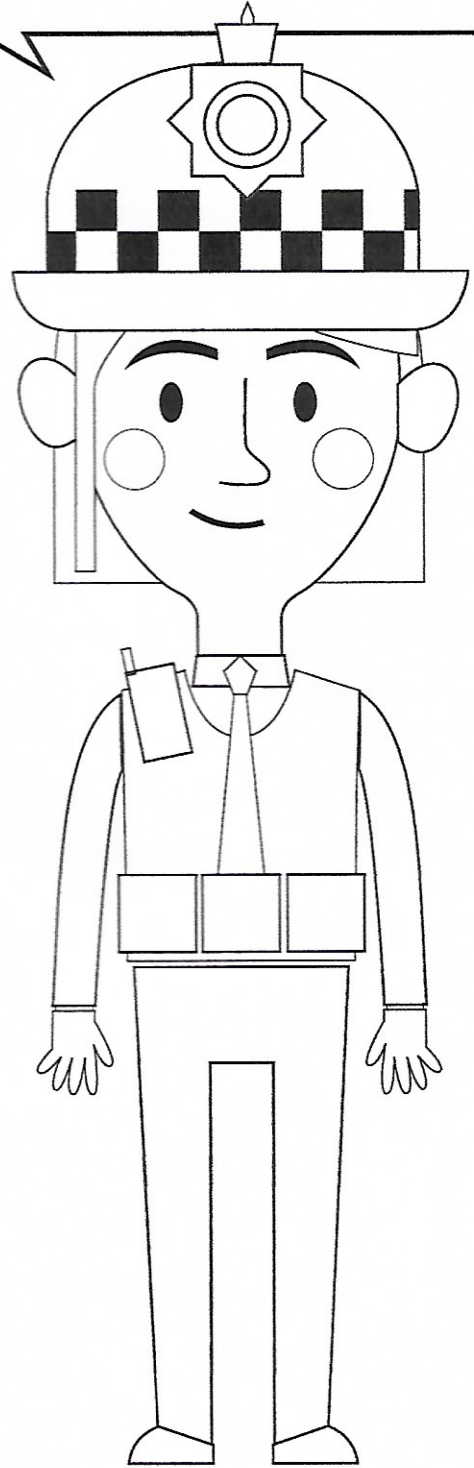
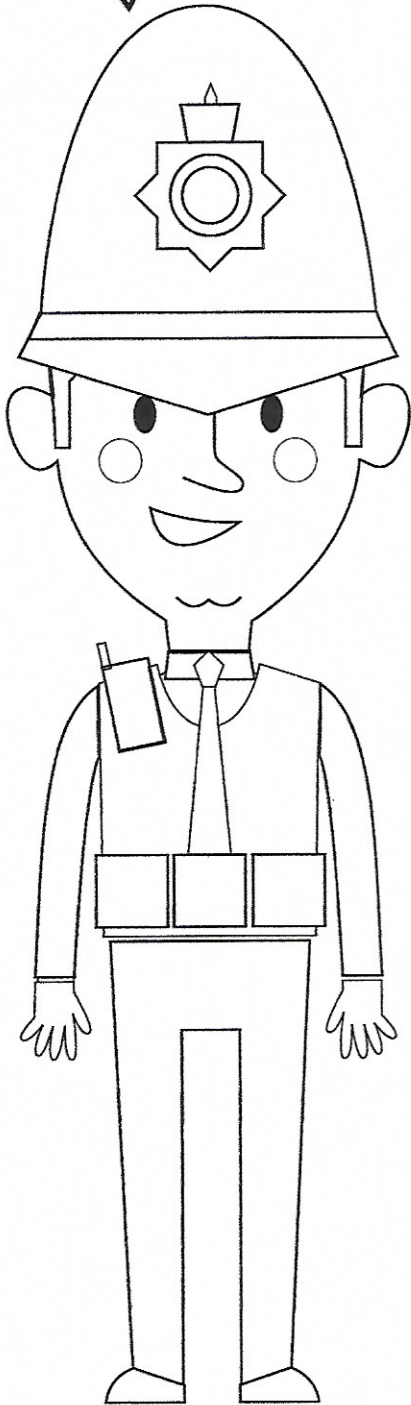
OTHER

- Temperature over 38°C for less than 5 days

NORFOLK POLICE

COLOURING SHEETS

HI WE ARE PC JIM AND PC SUE WHO ARE ALWAYS HERE TO HELP YOU WHEN YOU NEED US. JUST REMEMBER TO CALL 101 OR 999 IN AN EMERGENCY.



NAME



Safer Schools Newsletter

Secondary Edition Monday 20th April

Hi everyone, we hope you are all well and enjoying the warmer weather. Currently, we find ourselves in a bit of a different situation, with some of you not at school. In order for us to stay in contact and share important information with you, we are going to send you a monthly newsletter. We hope you enjoy it.

Norfolk Constabulary Safer Schools Team

During these uncertain circumstances, it is important for young to look after their mental health. There is now one single place to access mental health advice and support for anyone under the age of 25 in Norfolk. There is no need for a referral, you can just get in touch straight away for advice and support. They can also refer you on should you need more specialist help. Please visit this link for more information:



Internet Safety

Over the next few weeks we will be sending you some links to videos our Youth Engagement Team have uploaded to YouTube. These concentrate mostly on Internet Safety.

Please take a look at the following:

Intro – <https://www.youtube.com/watch?v=Ch1z003X770>

Online Personal Safety – <https://youtu.be/ubU63XW120>

Your parents might be interested in seeing these also. Why not show them?



From the Chief Constable

The Chief Constable has recorded a message to all young people in Norfolk.

You can watch it here:

<https://youtu.be/6G2znNj3wY>

TRENDING NOW

Since 2017, the Norfolk PCC have been giving young people a say on policing and crime in their county. The Youth Commission was set up by the Police and Crime Commissioner for Norfolk, Lorne Green. The PCC oversees Norfolk Police and makes sure that the police are delivering the best possible service they can to all Norfolk residents, including young people. The Norfolk PCC Youth Commission reaches out to young people across the county, allowing them to voice their views on policing in their communities.

If you would like have your say on policing in Norfolk or would like to ask any questions then please visit our Facebook page here: <https://www.facebook.com/norfolk-pcc-youthcommission>

We are particularly keen to have answer questions you may have on how internet safety and would be interested to know what information you put online.

SOCIALS

Stay up to date with Norfolk Safer Schools by following us on Twitter:
[@SaferSchoolsNfk](https://twitter.com/SaferSchoolsNfk)

You can also follow our Cadet's Instagram account:
[@NorfolkCadets](https://www.instagram.com/NorfolkCadets)

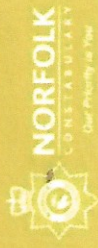
NEED A HAND?

Norfolk County Council, Children's Services have launched a new phone line and text message service for children and young people to use.

We hope you are feeling happy and safe at home.....
If you're feeling unsafe or scared, then don't keep it to yourself. We're here to help.
Text: 07480 635060
Call: 0344 800 8029



Remember safeguarding young people is all our responsibilities #SaferSchools
Norfolk Police – Non-emergency 101 / Emergency 999



Safer Schools Newsletter

Primary Edition Monday 20th April

Hi everyone, we hope you are all well and enjoying the warmer weather. Currently, we find ourselves in a bit of a different situation, with some of you not at school. In order for us to stay in contact and share important information with you, we are going to send you a monthly newsletter. We hope you enjoy it.

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Internet Safety



Please find below links to Youtube videos which our Youth Engagement Team have recorded. Have a watch and play them to your children too!

Intro - <https://www.youtube.com/watch?v=Chs-s5533T>

Online Personal Safety

- <https://www.youtube.com/watch?v=3838383838>

Sharing Information - <https://www.youtube.com/watch?v=3838383838>

Anti-Bullying - <https://www.youtube.com/watch?v=3838383838>

Sexting - <https://www.youtube.com/watch?v=3838383838>

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<https://youtu.be/5G2anM3yU>

TRENDING NOW . . .

Have you ever visited the National Crime Agencies website for advice about online safety? They provide tailored home activity packs for children from ages 4+, along with lots of other useful advice. This can be found by clicking the following link:

<https://www.thinkuknow.co.uk/Parents/Support/Tools/home-activity-packs/>

Are you looking for some fun activities to do with your child? Attached to this email are two-part printable Teddy Bear Jigsaw puzzles designed for Ks1, and police officer colouring sheet for all ages. We hope you have fun completing them!

We have also attached a copy of the NHS special COVID message for parents as this is very informative. Please give it a read.

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Stay up to date with Norfolk Safer Schools by following us on Twitter: @SaferSchoolsNfK

You can also follow our Cadet's Instagram account: @NorfolkCadets

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