



Healthier Together

SUMMER ISSUE - 3 | JUNE 2024

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Summer poster

This **newsletter contains** useful advice and guidance on common illnesses that may affect families this summer, information to help families stay safe out and about or at home and information for young people on healthy behaviour choices.



To share the **Hertfordshire and west Essex Healthier Together website** with parents, young people and healthcare professionals, you can:

- Add our **weblink** to your organisations' website
- **Display poster** in your reception and waiting areas
- **Refer** to clients and patients during appointments or consultations
- **Share** with family and friends

Scan the **QR Code**
to access the

**HEALTHIER TOGETHER
WEBSITE**



Health resources and guidance

Practical information to help support children and families this *Summer*

Travel Vaccination



With summer coming, many families may be traveling abroad for holidays. It is important that families ensure everyone is vaccinated against serious diseases found abroad. Families can visit their GPs or travel clinic at least 6 to 8 weeks before their trip. For more information, **visit the Healthier Together website.**

Key messages for families:

- Vaccinations are safe and effective
- Vaccinations help to stop the spread of serious illness
- Vaccinations save lives

Managing Allergies



Allergies are very common and are thought to affect more than 1 in 4 people in the UK. They're particularly common in children.

As the UK moves into the summer season, some children may experience stings, bites or may develop hives from playing in grassy areas.

Our page on allergies includes information on the most common causes and symptoms of allergic reactions, as well information on where families can get help.

Measles



Measles cases continue to rise, particularly in Hertfordshire. It's crucial for parents and carers to recognise symptoms to know when to isolate and seek advice. The best way to protect children is by ensuring they have received both doses of the MMR vaccine. For more information on measles, including symptoms and steps to take if a case of measles is suspected **visit our Measles page.** Stay informed and keep our children safe and healthy.



Healthier Together

>>> [Click on the photos to visit our pages](#)

Health resources and guidance



Practical information to help support children and families this *Summer*

Summer safety

Summer is here and brings its own health challenges, families can use the advice and guidance below to prepare



Sun and Water Safety

Our summer safety page has timely reminders on how families can stay safe at the beach, including advice on protecting children from the sun and how to identify where it is safer to swim. Visit our [Summer Safety page](#) for tips on Sun Safety and Water Safety.

Let's go outside

Road Safety - As families enjoy the fairer weather, it's a great opportunity to walk, cycle or even go scooting. For some practical road safety tips, you can signpost families to the road safety section on the [summer safety page](#).



Teaching your child about strangers, and staying safe home and out alone

Safety First

Whether families are taking trips to the park or seaside this summer, or if parents are working and leaving their children home alone, we have advice and information on our [summer safety page](#) to help families ensure their children know how to keep themselves safe from strangers.



Healthier Together

>>>Click on the photos to visit our pages

www.hwehealthiertogether.nhs.uk

Health resources and guidance



Practical information to help support *Young People* this Summer

Health for Young People



Alcohol is a powerful chemical that can have a wide range of adverse effects on almost every part of our body, including your brain, bones and heart. Drinking alcohol regularly increases the risk of liver disease and different types of cancers and heart diseases. Alcohol can increase the risk of getting diabetes, because of the sugars present in alcoholic drinks. Visit our [Healthier together page](#) to learn more. Cutting down alcohol intake can lead to a more fulfilling life.

Smoking and Vaping can lead to serious health issues like lung damage, addiction or increase risk of heart disease. Our [smoking and vaping page](#) was developed with young people, and provides information about the harm of smoking/vaping and offers practical tips and advice on what young people can do to avoid taking up smoking and vaping, and the support available if they wish to stop. Quitting smoking and vaping can lead to a healthier, happier, and more fulfilling life.



Help with Health choices this summer



Drug and legal highs, often referred to as substance abuse, can have significant effects on young people and impact negatively on their future. Engaging in drug abuse can result in a range of irreversible effects on mental and physical health, education, family, friendships and life opportunities. Drugs and legal highs affect people differently. Our [Healthier together page](#) offers practical advice on how to avoid drugs and legal highs and where to seek support if needed.



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www.hwehealthiertogether.nhs.uk



Healthier Together

Improving the health of babies, children and young people throughout Hertfordshire and West Essex



Hertfordshire and West Essex

Scan the QR code for health advice this Summer

Whooping Cough



Travel Vaccination



Managing Allergies



Nose Bleeds



Measles



Rashes



Summer Safety



Oral Health



Health Advice for Families

Help on hand for parents and carers at www.hwehealthiertogether.nhs.uk