



## HEALTH news

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### Autumn edition 2025

This edition contains information that professionals and parents/carers will find useful as we approach this time of year where the weather is becoming colder and children and young people may be experiencing an increase in minor illnesses.



### Looking after my sick child at home



Most minor illnesses can be treated at home with fluids, rest, and care. Find practical tips and guidance to keep little ones comfy - and parents reassured. Visit our page for expert advice on [looking after my sick child at home](#).

### Keeping your child safe

Planning a getaway, heading to a bonfire event, or leaving children at home while parents work? Whatever the situation, our [keeping your child safe page](#) offers practical advice and essential information to help parents protect their child. Explore tips tailored to seasonal activities, home safety, and more.



**Scan to access the Healthier Together website**

# Health resources and guidance

## Practical information to help support children and families this autumn

### Pregnancy and birth



#### Maternity vaccinations



Do you work with pregnant women?

Ensure they receive the protection they need through recommended maternal vaccinations.

Vaccines against influenza, COVID-19, pertussis (whooping cough), and RSV help safeguard both mother and baby during pregnancy and after birth.

Hear from local midwife Katy and access reliable, evidence-based guidance:

Visit our [vaccinations for pregnant women page](#).

#### Staying healthy during pregnancy



This section includes pages with the following topics: eating healthy, smoking, drugs and alcohol, weight gain, urinary incontinence, sexual health, exercise, family and friends support, as well as a page on the maternity and neonatal voice partnership.

### Community pharmacy

Your local [community pharmacy](#) can provide confidential, expert advice and treatment for a range of common illnesses and conditions such as colds, tummy trouble, allergies and aches and pains. In some cases, a pharmacist will also be able to carry out medication reviews for medicine you take.

Patients are also now able to access a local pharmacy for treatment of seven (7) conditions under the [Pharmacy First](#) initiative. The table on the right shows the seven conditions you can speak to your pharmacist about.



CONDITIONS	AGE RANGES
Acute Otitis Media* (Earache)	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years



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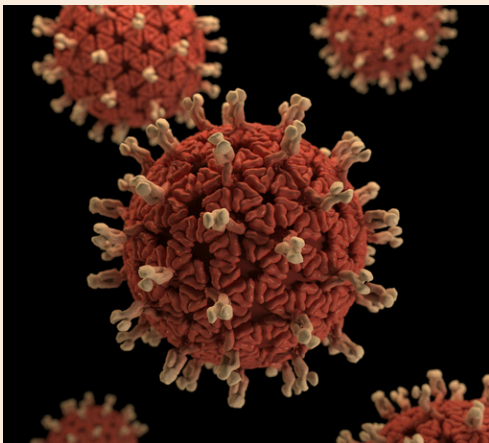
## Practical information to help support children and families this autumn

### Asthma



With the season turning cooler, it is a good time for parents to check they have an up-to-date asthma care plan for their child and with their child's school. Our [asthma pages](#) have a rich source of information for parents and carers, including understanding how to use an inhaler correctly, getting the most out of an asthma review and top tips for reducing triggers caused by air pollution.

### Antibiotic resistance Think twice before reaching for antibiotics.



Did you know that many everyday illnesses—like colds, sore throats, and flu - don't need antibiotics? Most of the time, rest and fluids are all your body needs.

But when antibiotics are taken unnecessarily, bacteria can learn to resist them. This leads to antimicrobial resistance (AMR) - and the rise of dangerous "superbugs" that are harder to treat. Discover what you can do to help stop the spread of resistance and protect the power of antibiotics for the future. Share our [infections and antibiotic resistance page](#) with parents and carers, to help explain why it's not always best to give antibiotics.

### Childhood vaccination



Now that autumn is here, and seasonal infections are on the rise, it's a good time to encourage parents and carers to complete their child's vaccination schedule and to take up the offer of the seasonal flu vaccine.

Our [childhood vaccination page](#) includes the routine childhood vaccination schedule, vaccine myth busting facts, as well as links to other resources, such as the vaccinations page on the [NHS website](#).



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**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 autumn

**Asthma**



**Antibiotic  
resistance**



**Child safety**



**Childhood  
vaccination**



**Conjunctivitis**



**Pharmacy  
First**



**Maternal  
vaccination**



**Staying healthy  
in pregnancy**



**Caring for your sick  
child at home**



**Help is on hand for parents and carers at  
[www.hwehealthiertogether.nhs.uk](http://www.hwehealthiertogether.nhs.uk)**