

South Yorkshire Healthier Together website – message to schools

Hello,

We are writing to you from NHS South Yorkshire and South Yorkshire Children and Young People's Alliance with information about our [Healthier Together](#) website.

The website has a host of information and resources to support the health of pregnant women, babies, children and young people. The site has information for parents/carers on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last.

Healthier Together has a range of resources and information to help keep children and young people safe and well this summer, and where to seek medical help if it is needed.

The site also has a dedicated section for young people to access independently that includes information and advice about mental health, neurodivergence, sexual health, long term conditions, plus much more.

We would be extremely grateful if you could please share the below information on your website and social media channels, ahead of the summer holidays.

If you have any questions, or need the information in a different format, please contact Scn-tr.cypalliance@nhs.net.

Best wishes

Nicola Ennis

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Website content for school's websites:

Help to keep your children healthy this summer

The summer holidays can be at time when children spend more time outdoors and its more common to experience health issues such as hay fever or suffer a minor injury such as cuts, grazes or insect bites.

The South Yorkshire Healthier Together website has a range of resources to help parents and carers keep children healthy this summer, providing including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last.

- Hay fever
- Common virus such as sickness and diarrhoea or coughs and colds
- Tick and other insect bites
- Chicken pox
- Headaches
- Keeping kids safe when out and about

The [South Yorkshire Healthier Together website](#) has a host of information and resources to support the health of pregnant women, babies, children and young people. The site has

information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last.

The content on the website has been developed by NHS doctors, midwives and health professionals from across South Yorkshire and nationally.

The website is available here <https://sybhealthiertogether.nhs.uk/>.

Social media content

Copy	Image
<p>As the summer holidays roll around, children may be spending more time online. The South Yorkshire Healthier Together website has a range of resources to help parents and young people navigate being online, safely https://sybhealthiertogether.nhs.uk/parents-carers/keeping-your-child-safe-and-healthy/keeping-your-child-safe/keep-your-child-safe-online #SYHealthierTogether</p>	
<p>Taking the kids out cycling this summer? Our Healthier Together website has resources to help you teach road safety to your children https://sybhealthiertogether.nhs.uk/parents-carers/keeping-your-child-safe-and-healthy/keeping-your-child-safe/accidents-and-injuries-keeping-your-child-safe-out-and-about/cycle-safety #SYHealthierTogether</p>	
<p>Is your baby feeling under the weather? Our Healthier Together website has been developed with doctors, nurses and midwives to provide advice and information on the best care https://sybhealthiertogether.nhs.uk/ #SYHealthierTogether</p>	

Are you pregnant and looking for health advice and information? Our Healthier Together website has been developed with doctors, nurses and midwives to provide a host of resources
<https://sybhealthiertogether.nhs.uk/pregnant-women>
 #SYHealthierTogether



If your child is feeling under the weather and you're not sure what to do, our Healthier Together website has information on common childhood illnesses, including where to seek help if required and how long your child's symptoms are likely to last
<https://sybhealthiertogether.nhs.uk/>
 #SYHealthierTogether



If you're looking for information & advice about your child's long term condition, our Healthier Together website has been designed by doctors, nurses and health professionals to provide a range of resources and information on a range of common conditions
<https://sybhealthiertogether.nhs.uk/>
 #SYHealthierTogether



Don't let insect bites or stings ruin your child's summer. Bites are not usually serious and get better in a few days. A small number of ticks are infected with the bacteria that cause Lyme disease – read more about how to prevent and treat tick bites here <https://sybhealthiertogether.nhs.uk/parents/carers/worried-your-child-unwell/tick-bite> #SYHealthierTogether



Treating insect bites

Hay fever is a common allergic reaction which occurs at particular times of the year. It can occur as a reaction to pollen from grass, trees and weeds during the early spring and summer months. Find out how to treat your child's hay fever here <https://bit.ly/HealthierTogetherHayFever> #SYHealthierTogether



Treating hay fever

Feeling sick and then vomiting is usually the first sign that your child has a 'tummy bug'. Bugs can spread easily when your child is spending time in places such as nursery, school or summer clubs. Find out how to prevent and treat tummy bugs here <https://bit.ly/HealthierTogetherDV> #SYHealthierTogether



Advice about vomiting and diarrhoea

The Healthier Together has lots of information about keeping your child safe when you are out and about this summer. Including car safety, road safety and safety on public transport. Read more here <https://bit.ly/HealthierTogetherOutAndAbout> #SYHealthierTogether



Download social media images here: [Images to download :: South Yorkshire I.C.B \(syics.co.uk\)](#)