

Starting school, how exciting!



When children start School, they meet lots of new people and will be exposed to new germs that cause illnesses, such as measles and whooping cough, which can pose a serious risk to your child's health.

Vaccinating your child allows them to build their immunity, protecting them against diseases in a safe way without becoming ill. Vaccines protect other people in your family and community - by helping to stop diseases spreading to those who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated.

Vaccination is the MOST important thing we can do to protect ourselves and children against ill health. (NHS)

For more information on childhood vaccinations click [here](#).



Childhood vaccination schedule

Check your child's **red book** to make sure they are up to date with their vaccinations.

Age	Vaccine name - * first dose ** second dose *** third dose			
8 weeks	6-in-1 vaccine *	Rotavirus vaccine *	MenB vaccine *	
12 weeks	6-in-1 vaccine **	Rotavirus vaccine **	Pneumococcal Vaccine *	
16 weeks	6-in-1 vaccine ***	MenB vaccine **		
1 year	Hib/MenC vaccine*	MenB vaccine ***	Pneumococcal Vaccine **	MMR vaccine *
2+ years	Childrens flu vaccine (yearly)			
3 yrs. and 4 months	MMR vaccine **	4-in-1 Preschool booster vaccine		
6-in-1 protects against -Diphtheria, tetanus, whooping cough, polio Hib and hepatitis B 4-in-1 protects against -Diphtheria, tetanus, whooping cough, and polio.				

If you think your child has missed ANY of these vaccinations speak to your GP.



Annual Flu vaccine



Hand and respiratory hygiene



During the Covid pandemic, we were all reminded of the importance of good respiratory hygiene and handwashing techniques. Where possible, send your child to school with disposable tissues, showing them how to cover their mouth and nose when they sneeze, or cough helps reduce the spread of germs. Handwashing with soap removes germs from hands making them less likely to infect their respiratory system when they touch their mouth, nose, or eyes. Reinforcing the importance of hand washing after using the toilet and especially before eating is helpful.

Influenza (Flu)

Flu is worse than a cold and can be a very unpleasant illness in children (and adults) causing fever, extreme tiredness, aching muscles and joints. Complications of flu include acute bronchitis, pneumonia and painful ear infections which may need hospital treatment.

Vaccination will help protect your child but also others who may be at greater risk from flu, such as grandparents or those with long term health conditions.

For school-aged children (Reception to Year 11) the immunisation team will contact you via the school and the flu vaccine is usually given at school during the autumn term.

For most children, the vaccine is given as a nasal spray. If the nasal spray is not suitable for a child, an injection can be given instead.

Further information can be found [here](#)



Its best to use soap, but hand sanitiser will work for most germs but not for diarrhoea and vomiting.

Washing hands has never been so important and its vital to embed this life skill in children as early as possible. The Infection Prevention and Control Team at Lancashire County Council offer and deliver Hand Hygiene Awareness Sessions to children in schools from nursery through to year 6. Encouraging and reinforcing these techniques from an early age will help limit the spread of germs and help protect everyone.

Oral hygiene

Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable*



Start brushing teeth using a smear of toothpaste with a fluoride content between 1350ppm - 1500ppm 'as soon as you see that first tooth', increase to a pea sized amount once they reach three years. Help your child (up to about the age of seven) to brush **All** the surfaces of their teeth for **TWO MINUTES twice a day.** **Always brush before bedtime and at least one other time during the day.**

Dental care for children is free. We appreciate access may sometimes be limited but advice is to visit the dentist once the first milk teeth appear and go for regular checkups as advised by your dentist. For access to NHS dental services try [Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk) alternatively [LSC Integrated Care Board: Dentistry](#)

Let's keep decay at bay.

In the last seven years we have seen great improvement in the oral health of Lancashire's under 5's but we need to keep this going.

In 2022/23, 27.4% of under 5's in Lancashire had signs of tooth decay and there were 905 hospital admissions in this age group for tooth decay- with **9 out of 10 tooth extractions due to preventable tooth decay.**





For more information, top tips and a helpful video visit [Children's teeth - NHS \(www.nhs.uk\)](https://www.nhs.uk) and [Mouth and tooth care - Lancashire County Council](#)

Tooth decay is caused by frequent exposure to sugary snacks and drinks, so try to limit these to mealtimes rather than snacking throughout the day. Good snacks include a small piece of cheese with crackers, a breadstick, or chopped pieces of fruit. Try to limit fruit juices and dried fruit to mealtimes as they contain lots of natural sugars and are acidic, which is bad for teeth. From around 12 months of age its best to give drinks in an open or free-flow lidded cup instead of a bottle or Sippy cup.

Head Lice and nits



Unfortunately, head lice and nits are common in young children. They can't be prevented and aren't caused by dirty hair but are picked up by head-to-head contact. Head lice are small insects up to 3mm long and can be difficult to spot. Head lice eggs (nits) are brown or white and attach to the hair.

Head lice can make your head feel itchy and the only way to be sure someone has head lice is by finding live lice. The **only way to find lice and nits** is by wet combing hair with a special fine-toothed comb. If you think your child has head lice **check everyone** in the family. If wet combing doesn't work or isn't suitable you can buy medicated lotions or sprays from pharmacies, supermarkets or online. It's important to **start treating anyone with head lice on the same day**. For more information click [here](#)



And finally... **don't forget about you.**

Vaccines

Have a look at vaccines for adults [here](#), especially if you are [pregnant](#), over 65 or have certain long term health conditions.

Screening

Abdominal aortic aneurysm (AAA)

Breast cancer

Bowel cancer (test kit)

Cervical cancer

Diabetic eye screening

These screening programmes can detect problems early, before there are any symptoms, and early detection can mean treatment is more effective. If you are invited for screening or receive a kit through the post, please make every effort to attend or complete and return the test kit, it might save your life or your sight.

Click [here](#) to look at the population screening timeline

For further information and support on health protection, please contact the Lancashire County Council Health Protection Team via email at healthprotection@lancashire.gov.uk

Sources are adapted from various public health protection and safety materials, a list of which is available. Additional material provided by the Health Improvement and Infection Prevention Control Teams

*[Child oral health: applying All Our Health - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

