



## PAN CHESHIRE CHILD DEATH OVERVIEW PANEL NEWSLETTER—AUTUMN 2017

*Within this newsletter we will raise awareness amongst frontline professionals, parents/carers and families about some of the risks to children that we have identified through our CDOP work. Can you cascade this information as widely as possible to colleagues, friends and contacts.*

From Autumn 2017 the nasal flu vaccine will be offered free of charge to all children aged 2 and 3 years via their GP surgery, and all children in reception class and school years 1-4 via the school health team. Children aged from 6 months old who have certain long term conditions should also be vaccinated by their GP surgery.

The vaccine has been well tested and has an excellent safety record. Locally across Cheshire East, during the 2016/17 flu vaccination season, just over half of 2 and 3 year olds were taken for vaccination at their GP surgery and over 62% of eligible school aged children were vaccinated in school. The vaccine not only protects children against flu, but also helps to reduce its spread to other children, their parents and grandparents.

If you have any questions, please contact your GP surgery or school health team.

Public Health England NHS

### 5 reasons to vaccinate your child against flu

1. **Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
2. **Protect you, your friends and family.** Vaccinating your child will help protect more vulnerable friends and family
3. **No injection needed.** The nasal spray is painless and easy to have
4. **It's better than flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
5. **Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

**What should I do?**  
Children aged two and three years old are offered this vaccination in general practice. Your child's GP surgery should contact you. If you haven't heard from their GP by early November, contact them directly to make an appointment. Children in reception class and school years 1, 2, 3 & 4 will be offered the vaccine at school. Your child's school will provide details from the local healthcare team.

For more information visit [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

STAY WELL THIS WINTER Flu immunisation in England 2017/18 Helping to protect everyone, every winter

### Childhood Immunisations

**'The two public health interventions that have had the greatest impact on the world's health are clean water and vaccines'** World Health Organisation

As a parent, you may not like seeing your baby or child being given an injection. However, vaccination will help protect them against a range of serious and potentially fatal diseases.

*There are three good reasons to have your child vaccinated:*

- vaccinations are quick, safe and extremely effective
- they help protect against a range of serious and potentially fatal diseases.
- if a child isn't vaccinated, they're at higher risk of catching serious diseases that can be either fatal or cause lasting damage to their health.

Premature babies have a higher risk of infection. They should follow the recommended schedule from two months after birth, no matter how premature they were.



# Staying safe: Key messages for caring for the under 5's

	1 to 6 weeks	6 weeks to 6 months	6 months to 1 year	1 - 3 years	3 - 5 years
<b>Choking</b> 	Babies can choke if they're propped up to feed – always hold them when feeding		Cut food into small pieces and keep small objects like coins and button batteries out of reach. These batteries can also cause life-threatening chemical burns to the intestine		Sit with child and avoid food that is hard to swallow
<b>Suffocation and strangulation</b> 	Babies can suffocate on duvets and pillows. Keep a clear cot with no loose bedding, pillows, cot bumpers or toys. Keep nappy sacks out of reach			Tie up blind cords or install cordless blinds to prevent strangulation, especially in children's bedrooms	Dispose of plastic bags safely. Take care with rotary washing lines, chains and cords
<b>Falls</b> 	Take extra care when carrying a baby on the stairs	A baby could roll or wriggle off a raised surface – change nappies on the floor	Use safety gates on stairs (up to 24 months) Always strap a child into their high chair Use window locks/catches	Teach safe use of stairs. Safety gates are no longer suitable. Use window locks and take care with balconies	
<b>Poisoning</b> 	Fit carbon monoxide alarms wherever there is a flame-burning appliance or open fire. Have appliances serviced annually				
<b>Burns and scalds</b> 	Hot drinks can scald in seconds even when they seem cool – put yours down, out of reach, before picking up a baby Put cold water in the bath first		Keep hot drinks, kettles and pans away from curious hands Put hair straighteners in a safe place to cool Put cold water into the bath first Fit a TMV to the bath hot tap to prevent rapid and severe scalds		
<b>Drowning</b> 	Never leave your baby alone in the bath		Never leave a baby alone in the bath Supervise children near garden ponds and paddling pools	Supervise children playing in or near water	
<b>House fires</b> 	Fit smoke alarms and test them regularly. Plan and practise a fire escape route with every family member and carer Keep matches and lighters out of reach Make sure candles and cigarettes are extinguished at night				
<b>Road accidents</b> 	Use a correctly fitted rear-facing seat on every journey. Deactivate the air bag if the seat is ever used in the front		Use a correctly fitted seat that's right for your child's weight, age and height  Use a rear-facing seat for as long as possible, based on the manufacturer's recommended height/weight	Use a correctly fitted child car seat for every journey progressing to a high-backed booster seat	
Never allow a child under five out alone. Encourage children to hold your hand when near or crossing roads					

Pan Cheshire CDOP overview panel details are:-

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