

# Derbyshire School Nurses– continuing to support your Public Health

We thought the following information and contact details maybe useful to refer to over the coming weeks.

School Nurses have a Facebook Page and website:  
[www.derbyshireschoolnurses.org.uk](http://www.derbyshireschoolnurses.org.uk)  
 Search Facebook for: Derbyshireschoolageteams

### MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

The following websites have some good info pages about how to manage worries and anxieties around Coronavirus:

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.childline.org.uk](http://www.childline.org.uk)



## Hand-washing technique with soap and water

- Wet hands with water
- Apply enough soap to cover all hand surfaces
- Rub hands palm to palm
- Rub back of each hand with palm of other hand with fingers interlaced
- Rub palm to palm with fingers interlaced
- Rub with back of fingers to opposing palms with fingers interlocked
- Rub each thumb clasped in opposite hand using a rotational movement
- Rub tips of fingers in opposite palm in a circular motion
- Rub each wrist with opposite hand
- Rinse hands with water
- Use elbow to turn off tap
- Dry thoroughly with a single-use towel
- Hand washing should take 15-30 seconds

## kooth

Online support for young people

CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING Give

TALK & LISTEN, BE THERE, FEEL CONNECTED DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF Your time, your words, your presence

Search the following for up to date information around Coronavirus:

[www.gov.uk](http://www.gov.uk) [111.nhs.uk/covid-19](http://111.nhs.uk/covid-19)  
[www.nhs.uk](http://www.nhs.uk) [www.dchs.nhs.uk](http://www.dchs.nhs.uk)



School Nurses can be contacted via:  
 SPA: 01246 515100 or  
 PCUST@derbyshireschoolnurses.co.uk