

Derbyshire School Nurses— continuing to support your Public Health

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

School Nurses have a Facebook Page and website:
www.derbyshireschoolnurses.org.uk
 Search Facebook for: Derbyshireschoolageteams

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

www.youngminds.org.uk
www.childline.org.uk

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



Hand-washing technique with soap and water



Search the following for up to date information around Coronavirus:

www.gov.uk 111.nhs.uk/covid-19
www.nhs.uk www.dchs.nhs.uk

School Nurses can be contacted via:

SPA: 01246 515100 or
 DCHST.derbyshireschoolnurses@nhs.net

