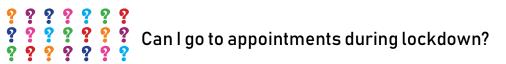## School Nursing Weekly Newsletter: Covid19 edition

If you are a young person aged between 11 and 19 years old and you are worried about any aspect of your health or if you are feeling stressed and worried about anything then you can now anonymously contact the School Nurses, ChatHealth team in Hounslow.

To get support all you need to do is send a text to 07507 333 176 and a member of the NHS school nursing team will get back to you within 24 hours from 9am to 4.30pm from Monday to Friday.

This week's health message;

⭐ Accessing Health Services During Lockdown

For help from a GP – use your GP surgery's online service, app, or call the surgery.	For urgent medical help – use the NHS 111 online service, or call NHS 111.	For life-threatening emergencies – call 999 for an ambulance.

Can I go to appointments during lockdown?

If you're advised to go to hospital, it's important to go. Keep going to any appointments you usually have, unless you're told not to.

Coronavirus Help

If you have symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste), use the NHS 111 online coronavirus service to find out what to do.

When to go to A&E?

Seeking medical help is one of the four reasons people can safely leave home, government guidance says.

In April A&E attendance was down by 57% since the same time last year. The was the fewest since records began in 2010. The figures have fueled concerns that thousands of people with potentially life-threatening ailments failed to seek care.

People should seek medical care when they need it and not be put off by the coronavirus epidemic. Anyone who delays seeking treatment is putting their long-term health at risk, as well as their life.

London Borough of Hounslow

NHS
Hounslow and Richmond Community Healthcare
NHS Trust

⭐ Find out more and visit;

- [Health for Kids](#)
- [Plea to access services](#)
- [NHS 111](#)
- [Find your nearest A&E](#)
- [Find your nearest GP](#)

⭐ Try this at home; Health APPs

ECHO

https://www.nhs.uk/apps-library/echo/

Echo – Free online repeat prescription service, Postage is free, Echo accepts all NHS exemptions and prepayment certificates.

Engage Consult

https://www.nhs.uk/apps-library/engage-consult/

Engage Consult – book GP appointments, order repeat prescriptions and have an online consultation.

First Aid
BritishRedCross

https://www.nhs.uk/apps-library/first-aid-british-red-cross/

The free First Aid – features simple, easy-to-learn skills for a range of first aid situations.

ChatHealth

Young people in Hounslow can text a school nurse for confidential advice and support:
07507 333176
Learn more at: bit.ly/ChatHealthPrivacy

https://www.nhs.uk/apps-library/chathealth/

ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support.

⭐ Remember: Access Health Services!