

# 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

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)

**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



Online support for adults



Online support for young people

## 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



**CONNECT** TALK & LISTEN, BE THERE, FEEL CONNECTED

**BE ACTIVE** DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

**TAKE NOTICE** REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

**KEEP LEARNING** EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

**Give** 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

DCHST.derbyshireschoolnurses@nhs.net

