

**NHS**

The Royal Wolverhampton
NHS Trust

Building a healthy future this Summer



An information leaflet from the
Wolverhampton 0-19 Service, May 2025

We're not pollen your leg

If your child or young person suffers from hay fever, you may have noticed that their symptoms seem more intense right now than in previous years.

The pollen count is particularly high right now, making life very uncomfortable for hay fever sufferers.

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help their symptoms, or medicines they can take to help.

[Hay fever NHS:](#) 

[Find pollen levels near me](#) 

Food Allergy awareness week (11-17 May)



A food allergy is where your body reacts to certain foods. It's often mild but can be very serious for some people.

Check if it's a food allergy

Symptoms of a food allergy can affect any part of the body, including different parts of the body at the same time.

Common symptoms of a food allergy include:

- feeling dizzy or lightheaded
- itchy skin or a raised rash (hives)
- swelling of the lips, face and eyes (angioedema)
- coughing, wheezing, breathlessness, noisy breathing or a hoarse voice
- sneezing or an itchy, runny or blocked nose
- feeling sick or being sick
- tummy pain
- diarrhoea

Your child may get symptoms straight after eating the food they're allergic to, or days later.

Call 999 if

- their lips, mouth, throat or tongue suddenly become swollen
- they're breathing very fast or struggling to breathe (they may become very wheezy, gasp for air or feel like they're choking)
- their throat feels tight or they're struggling to swallow
- their skin, tongue or lips turn blue, grey or pale (if they have black or brown skin, this may be easier to see on the palms of their hands or soles of their feet)
- they suddenly become very confused, drowsy or dizzy
- someone faints and cannot be woken up
- your child is limp, floppy or not responding like they normally do (their head may fall to the side, backwards or forwards, or they may find it difficult to lift their head or focus on your face)

You or the person who's unwell may also have a rash that's swollen, raised or itchy.

These can be signs of a serious allergic reaction and may need immediate treatment in hospital.

Here comes the sun

Sun awareness week takes place between 12 – 18 May. Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

Aim to strike a balance between protecting yourself and your child(ren) from the sun and getting enough vitamin D from sunlight.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

[Sunscreens and sun safety NHS](#) 

Water, drinks and hydration

Water is a healthy and cheap choice to keep you and your child(ren) hydrated, but other drinks can also count towards your fluid intake. We also get some fluids from the foods we eat.

Not getting enough fluids can lead to dehydration.

Daily fluid intake

Most people should aim to drink enough during the day so their pee is a clear pale yellow colour.

The Eatwell Guide recommends that people should aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count.

You may need to drink more fluids if you're:

- in a hot environment
- physically active for long periods
- ill or recovering from illness

Children

The best drinks to give children are water and milk. Children can have pasteurised whole or semi-skimmed cows' milk, or goats' or sheep's milk, as a main drink from the age of 1.

Children should drink sugary fizzy drinks, squash and juice drinks in moderation. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.

Do

- drink regularly throughout the day
- swap sugary drinks for sugar-free or no added sugar drinks
- limit fruit juice and smoothies to a maximum of one small glass (150ml) a day and drink with a meal, as they're high in sugar
- check nutrition labels on drinks – look for drinks with green or amber colour-coded labels
- drink extra fluids if you've been sweating from physical activity, or if you're unwell – water is the best way to replace lost fluids
- dilute squash drinks or cordials well to reduce the sugar content
- drink caffeine in moderation – some people are more sensitive to caffeine than others, depending on how much they drink and how often. Check the label for drinks that are high in caffeine.
- if you don't like the taste of water, try sparkling water, no added sugar squash, or add a slice of lemon or lime

Don't

- have drinks that are high in sugar too often – they're higher in calories and the sugar can damage your teeth

If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email rwh-tr.0-19marketing@nhs.net

