

With temperatures dropping this month Clare Joy – an NHS school nurse working locally – explains in this short video some top tips on keeping winter bugs at bay and using the Healthier Together app for advice.

You can watch on the [Hampshire and Isle of Wight NHS YouTube channel](#).

### **Download Healthier Together for advice with common childhood illnesses**

It can sometimes be hard for parents to know the best way to help children recover from winter bugs.

Healthier Together has been developed by local clinicians and gives simple advice on how to help them get better at home.

The app will also help you to spot the signs if it is something more serious and guide you to the right help.

Visit [what0-18.nhs.uk](http://what0-18.nhs.uk), download from the App Store or get it on Google Play.

The UK Health Security Agency have also published helpful advice on [spotting the signs of when to keep children home](#). You can visit the [Hampshire and Isle of Wight NHS winter wellness web page](#) for more advice on keeping warm and well this winter.