

## READING ROOM

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[Harry's 9:30 - 11:30 Plan](#)

## Oscar's Health Plan



### What People Like and Admire about Oscar

- ⊙ \* He's enchanting,
- ⊙ \* He's absolutely beautiful
- ⊙ \* He's very brave
- ⊙ \* He's really determined
- ⊙ \* He's Gorgeous
- ⊙ \* He's a little chuckler

### Important to Oscar about his health

- ⊙ For his skin to feel comfortable and not to itch or be cracked
- ⊙ To be able to run around without getting breathless
- ⊙ Not to have to fight for my breath

### What support Oscar needs around his health

**Eczema:** Oscar's eczema means that he has very dry and sensitive skin. It is vitally important that his skin is kept moisturised with the creams provided. Currently these are Emulsifying ointment and Doublebase gel. The creams need to be applied at any point that Oscar's skin seems dry. Because Oscar's skin is prone to infection, he needs you to wash your hands before applying his creams. If you feel that Oscars hands and face are dirty before applying his cream, then only wash him very gently with plain cool water, pat dry and apply cream straight away. Any soap products **will** dry Oscar's skin, and other products could cause an allergic reaction. Should Oscar have a cut or graze and you feel that he needs

antiseptic cream, only a very small amount should be applied along with Doublebase gel. Please watch for any adverse reactions from the antiseptic. Any bumps and bruises can be treated with Arnica cream. When changing Oscar's nappy a small amount of nappy cream should be applied if his bottom looks sore. It is important that no other products are used on Oscars skin without consulting his parents first due to possible allergies and skin sensitivity. When in the sunshine please help Oscar to keep his hat on, and always use sun screens that are supplied. If Oscar gets too warm, this makes him feel uncomfortable and usually leads to him scratching. Ensure Oscar continues to have long trousers and long sleeves on to protect his limbs from being scratched, but take off outer layers if possible and move him to a cooler place. Oscar has a contact allergy to some pets, so please ensure that he does not come into contact with animals or their hairs/feathers. He also has a reaction to some washing powders so please send any dirty clothes or bibs home unwashed.

**Asthma:** Oscars asthma is controlled by 2 inhalers, he will only ever need to use his ventolin (Blue inhaler provided) whilst with you. Oscar's asthma is triggered by exposure to cigarette smoke, dust, pet hair and feathers that we know of. When Oscar needs to use his ventolin his breathing will become shallow, with shorter breaths, and a rattle in his chest, usually accompanied by coughing. Oscar will require one puff of his inhaler, distributed through his spacer (provided) once dispersed please keep the spacer to Oscars face for a count of 15. It is a good idea to rest Oscars head in the crook of your arm holding the spacer against his face with the same arm.

**Hay fever:** We believe Oscar has hay fever, unfortunately until he is one year old he is unable to have any treatment for this. Please try to keep Oscar away from fresh flowers, and newly mown grass. If Oscar's eyes become red and swollen, please bathe them with cool boiled water.

