




**As a parent you have great instincts – use them. If you feel that your child is unwell, or you are unable to care for them, seek medical help**

	Green	Amber	Red
<b>Appearance</b>	<ul style="list-style-type: none"> <li>• Normal skin, lips and tongue colour</li> <li>• Responding normally / still smiling</li> <li>• Stays awake or wakes up easily</li> <li>• Normal cry or strong cry</li> </ul>	<ul style="list-style-type: none"> <li>• Child becoming worse / parents more concerned</li> <li>• Less activity / more sleepy than usual</li> <li>• Change in normal behaviour / not acting in usual manner</li> <li>• Irritable / no smile</li> </ul>	<ul style="list-style-type: none"> <li>• Hard to wake</li> <li>• Floppy or listless</li> <li>• Mottled, blue or ashen skin</li> <li>• Child had or having a fit (seizure)</li> <li>• Rash that does NOT disappear under pressure (glass test)</li> <li>• Neck stiffness</li> <li>• High pitched, weak or continuous cry</li> <li>• Bile stained sick (green / yellow)</li> <li>• Bulging fontanelle (soft spot)</li> </ul>
<b>Breathing / Chest</b>	<ul style="list-style-type: none"> <li>• Breathing normally with no wheeze</li> <li>• Mild cough or runny nose without affecting breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Noisy breathing / wheezy / fast breathing / nasal 'flaring'</li> </ul>	<ul style="list-style-type: none"> <li>• Grunting / very fast breathing</li> <li>• Can see effort of breathing in chest and/or nose</li> <li>• Breathless – unable to talk in sentences</li> </ul>
<b>Hydration</b>	<ul style="list-style-type: none"> <li>• Baby feeding / child drinking as normal or slightly reduced</li> <li>• Sick, but drinking &amp; keeping most fluids down</li> <li>• Diarrhoea for less than 2 days</li> <li>• Passing urine, normal colour or slightly darker than usual</li> </ul>	<ul style="list-style-type: none"> <li>• Poor feeding in infants / child not drinking</li> <li>• Less wet nappies than usual / less urine or darker concentrated urine</li> <li>• Drinking much less / unable to keep much fluid down</li> <li>• Sick more than 3 times in 24 hours for babies under 1 year</li> <li>• Diarrhoea 6 times in 24 hours for babies &lt; 1 yr</li> <li>• Diarrhoea for longer than 2 days for over 1's</li> </ul>	<ul style="list-style-type: none"> <li>• Sunken fontanelle (soft spot)</li> <li>• Very little urine / dry nappies</li> </ul>
<b>Temperature</b>	<ul style="list-style-type: none"> <li>• Temperature raised but controlled by Ibuprofen or Paracetamol if given</li> </ul>	<ul style="list-style-type: none"> <li>• Temperature more than 3-5 days or not controlled by paracetamol and ibuprofen</li> <li>• Over 3 months – temperature over 39°C (102°F)</li> </ul>	<ul style="list-style-type: none"> <li>• 0-3 months – temperature over 38°C (101°F)</li> <li>• High temperature over 39°C (102°F) and cold hands and feet</li> <li>• Any child with a high temperature &amp; fitting (seizure)</li> </ul>
			
	<p><b>CARE AT HOME</b></p> <ul style="list-style-type: none"> <li>• Your local pharmacist, health visitor or NHS 111 can give advice</li> <li>• Check <a href="http://www.nhs.uk" style="color: white;">www.nhs.uk</a></li> <li>• Consider paracetamol &amp; ibuprofen</li> <li>• Encourage rest and drinks, even if only in small amounts</li> </ul>	<p><b>GP / NHS 111</b></p> <ul style="list-style-type: none"> <li>• Phone your GP for an appointment – most GP's will see your child on the day if you are worried about their health</li> <li>• NHS 111 can advise you if you are unsure which service you need, or guide you to appropriate out of hours care</li> </ul>	<p><b>URGENT HELP REQUIRED</b></p> <ul style="list-style-type: none"> <li>• Take your child to your nearest A&amp;E department</li> <li>• <b>CALL 999 FOR 'RED' BREATHING DIFFICULTIES OR A NON-BLANCHING RASH (rash that does not fade and lose colour under pressure – glass test)</b></li> </ul>

## WHICH PROFESSIONALS CAN HELP YOU WHEN YOUR CHILD IS POORLY?



**Pharmacist** - a medicines expert who can give you advice on the best over the counter medicine for your child.



**Health Visitor** - a specialist public health nurse focussed on promoting health to all families in the local community and working with partner agencies.



**NHS 111** - a freephone advice line available 24 hours a day, 365 days a year by calling 111. Provides health information and recommends best treatment options according to your child's symptoms.



**GP's** - senior doctors highly trained to care for all aspects of your families' health in the community. Outside of normal working hours, you can make contact with a GP via NHS 111.



**Walk in Centres** - provide care and treatment for a range of minor illnesses and injuries and are staffed by specialist nurses. This service is only available for children aged over 2 years.



**A&E** - A&E departments assess and treat patients with serious injuries or illnesses.

## CHILDREN'S MEDICINE CUPBOARD

### Paracetamol

- Babies between 2-3 months for post vaccination fever, and other causes of pain & fever. Do not give more than 2 doses. If further doses are needed, talk to a doctor or pharmacist
- Babies and children over three months for pain and fever
- Leave 4 - 6 hours between doses

### Ibuprofen

- Ibuprofen can be given for pain and fever in children of three months and over and who weigh more than 5kg (11lbs)
- Check the correct dosage for your child's age
- Leave between 6-8 hours between doses
- Avoid Ibuprofen if your child has asthma, unless advised by your GP

### Thermometers

- Digital ear or underarm thermometers are available for checking your child's temperature

### Rehydration Solutions

- Oral rehydration sachets replace the salt and water lost in diarrhoea or vomit

### Antihistamine

- Antihistamines for young children come in syrup form and give relief from hay fever and other allergic problems, e.g. hives

# PARENT INFORMATION LEAFLET

## Where and how to seek help when your child is unwell



A partnership between NHS Foundation Trusts and NHS Clinical Commissioning Groups (CCGs) in Surrey, First Community Health, CSH Surrey, Virgin Care and Surrey County Council

