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

- Normal skin, lips and tongue colour
- Responding normally / still smiling
- Stays awake or wakes up easily
- Normal cry or strong cry

Appearance

Breathing

Hydration

Temperature

- Breathing normally with no wheeze
- Mild cough or runny nose without affecting breathing
- Baby feeding / child drinking as normal or slightly reduced
- Sick, but drinking & keeping most fluids down
- Diarrhoea for less than 2 days
- Passing urine, normal colour or slightly darker than usual
- Temperature raised but controlled by Ibuprofen or Paracetamol if given

CARE AT HOME

- Your local pharmacist, health visitor or NHS 111 can give advice
- Check www.nhs.uk
- Consider paracetamol & ibuprofen
- Encourage rest and drinks, even if only in small amounts

Amber

- Child becoming worse / parents more concerned
- Less activity / more sleepy than usual
- Change in normal behaviour / not acting in usual manner
- Irritable / no smile

- Noisy breathing / wheezy / fast breathing / nasal 'flaring'
- Poor feeding in infants / child not drinking
- Less wet nappies than usual / less urine or darker concentrated urine
- Drinking much less / unable to keep much fluid down
- Sick more than 3 times in 24 hours for babies under 1 year
- Diarrhoea 6 times in 24 hours for babies < 1 yr
- Diarrhoea for longer than 2 days for over 1's
- Temperature more than 3-5 days or not controlled by paracetamol and ibuprofen
- Over 3 months temperature over 39°c (102°f)

GP / NHS 111

- Phone your GP for an appointment –
 most GP's will see your child on the day
 if you are worried about their health
- NHS 111 can advise you if you are unsure which service you need, or guide you to appropriate out of hours care

Red

- Hard to wake
- Floppy or listless
- Mottled, blue or ashen skin
- Child had or having a fit (seizure)
- Rash that does NOT disappear under pressure (glass test)
- Neck stiffness
- High pitched, weak or continuous cry
- Bile stained sick (green / yellow)
- Bulging fontanelle (soft spot)
- Grunting / very fast breathing
- Can see effort of breathing in chest and/or nose
- Breathless unable to talk in sentences
- Sunken fontanelle (soft spot)
- Very little urine / dry nappies

- 0-3 months temperature over 38°c (101°f)
- High temperature over 39°c (102°f) and cold hands and feet
- Any child with a high temperature & fitting (seizure)



URGENT HELP REQUIRED

- Take your child to your nearest A&E department
- CALL 999 FOR 'RED' BREATHING DIFFICULTIES OR A NON-BLANCHING RASH (rash that does not fade and lose colour under pressure – glass test)

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







NHS 111













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









