




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
Appearance	<ul style="list-style-type: none"> • Normal skin, lips and tongue colour • Responding normally / still smiling • Stays awake or wakes up easily • Normal cry or strong cry 	<ul style="list-style-type: none"> • Child becoming worse / parents more concerned • Less activity / more sleepy than usual • Change in normal behaviour / not acting in usual manner • Irritable / no smile 	<ul style="list-style-type: none"> • 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)
Breathing / Chest	<ul style="list-style-type: none"> • Breathing normally with no wheeze • Mild cough or runny nose without affecting breathing 	<ul style="list-style-type: none"> • Noisy breathing / wheezy / fast breathing / nasal 'flaring' 	<ul style="list-style-type: none"> • Grunting / very fast breathing • Can see effort of breathing in chest and/or nose • Breathless – unable to talk in sentences
Hydration	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Sunken fontanelle (soft spot) • Very little urine / dry nappies
Temperature	<ul style="list-style-type: none"> • Temperature raised but controlled by Ibuprofen or Paracetamol if given 	<ul style="list-style-type: none"> • Temperature more than 3-5 days or not controlled by paracetamol and ibuprofen • Over 3 months – temperature over 39°C (102°F) 	<ul style="list-style-type: none"> • 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)
			
	<p>CARE AT HOME</p> <ul style="list-style-type: none"> • 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 	<p>GP / NHS 111</p> <ul style="list-style-type: none"> • 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 	<p>URGENT HELP REQUIRED</p> <ul style="list-style-type: none"> • 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



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

