WHO CAN HELP?

Use the RED/AMBER/GREEN tool to help you keep your child safe. SEEK ADVICE



NHS 111

Call 111 for Freephone advice. Available 24 hours a day. This service can arrange for an ambulance if they feel it is necessary, phone advice and face to face consultation.



GP SURGERY

GPs are carrying out telephone and video consultations to give advice and direct you to the best place.



A&E

If seriously ill, bleeding or bad injury this is an Emergency. You must call 999 to bring your child to A&E.

See RED/AMBER/GREEN

Minor Injury/Burns will be triaged at A&E reception to the best place.

For other conditions come to hospital/A&E ONLY if instructed to by 111, GP or health care professional. Seek advice if worsening



PHARMACIST

Pharmacies will be dispensing medication on prescription and over the counter products and they can offer advice

If your child has a long term condition, follow their personal plan.

Following any hospital admission you will be given advice for your individual child.

Seek advice if worsening

CHILDREN'S MEDICINE CUPBOARD

THERMOMETERS:

Digital ear or underarm thermometers are available for checking your child's temperature. Every family should have one.

Please ensure cleaning after every use

CONTINUE TO GIVE YOUR CHILD'S NORMAL REGULAR MEDICATION/INHALERS

PARACETAMOL:

Babies:

Between 2-3 months - for post vaccination fever. Less than 3 months old - with a fever of 37.8 degrees or above, seek medical advice (see over).

Older children: For pain/fever - Follow dosing instructions on the bottle

IBUPROFEN: Current advice is NOT to use Ibuprofen **UNLESS** on this for long term condition

ORAL REHYDRATION SALTS (DIORALYTE):

Useful for episodes of diarrhoea and vomiting. Give small volumes, every 10 mins or so. Keep a track of how much the child has taken. If not tolerated, please seek medical advice

ANTI-HISTAMINES (eg Piriton/Clarityn/Loratadine):

Have these available for allergic reactions

FOR CONFIRMED OR LIKELY COVID-19

Your child should be isolated for 7 days and all other members of the family in the household should be isolated for 14 days. Seek advice if your child has worsening symptoms of cough See www.nhs.uk Seek advice if persistent fever continues after 3-5 days

PARENT INFORMATION LEAFLET

WHERE AND HOW TO SEEK **HELP WHEN YOUR CHILD IS UNWELL**

(Advice sheet for COVID-19 period)

















Cambridgeshire Community Services



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

• Normal skin,

Appearance

Hydration

Temperature

Normal skin, lips and tongue colour

Green

- Responding normally/still smiling
- Stays awake or wakes up easily
- Normal cry or strong cry
- Mild pain eg earache, tummy ache
- 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 and keeping most fluids down
- Diarrhoea for less than 2 days
- Passing urine, normal colour or slightly darker than usual
- Mild temperature raised up to 38° C (101° F) but controlled if Paracetamol if given. Seek advice if temperature continues for 3-5 days.

CARE AT HOME

- Your local pharmacist or NHS 111 can give advice
- Check www.nhs.uk
- Consider Paracetamol
- 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
- Pain eg persistent severe earache, severe tummyache—seek advice
- Mild/moderate allergic reaction seek advice
- Noisy breathing/wheezy/fast breathing/nasal 'flaring'
- Drinking less than half of usual amounts/vomiting most feeds
- Less wet nappies than usual/less urine or darker concentrated urine
- For babies under 1 year sick more than 3 times in 24 hours, diarrhoea 6 times in 24 hours
- For over 1 year olds diarrhoea for longer than 2 days
- Over 3 months temperature over 39° C (102° F)
- Persistent temperature for more than 3-5 days or not controlled by paracetamol—seek advice

GP/NHS 111

- Phone your GP for advice and decision— this may be by telephone/video or face to face
- Call GP/NHS 111 if concerned
- If worried, always seek advice

Red

- Collapse/unresponsive
- Hard to wake/floppy or listless
- Mottled blue or ashen skin
- Fitting (seizure) without temperature
- Severe allergic reaction/anaphylaxis
- Rash that does NOT disappear under pressure— (glass test)
- Neck stiffness
- High pitched, weak or continuous cry
- Bile stained sick (green)
- Bulging fontanelle (soft spot)
- Severe difficulty in breathing
- Grunting/very fast breathing/sucking in and out between ribs
- Breathless—unable to talk in sentences
- Sunken fontanelle (soft spot)
- Very little urine/dry nappies
- 0-3 months—temperature over 38° C (101° F)
- Over 3 months—temperature over 39° C (102° F) and/or cold hands or feet
- Any child with a temperature below 36° C (97° F)
- Any child with a high temperature and 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)/collapse