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

### 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

### 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)

### Breathing / Chest
- Breathing normally with no wheeze
- Mild cough or runny nose without affecting breathing

### Hydration
- 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
- 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

### CARE AT HOME
- Your local pharmacist, health visitor or NHS 111 can give advice
- Check [www.nhs.uk](http://www.nhs.uk)
- Consider paracetamol & ibuprofen
- Encourage rest and drinks, even if only in small amounts

### 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

### 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.

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.

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