

This information is aimed at Parents with Children aged 6 months to 5 years

- ❖ QR Codes can be read by a QR code reader app downloaded to your smart phone.



Sudden onset Diarrhoea and Vomiting

- **Common** in children. Usually caused by a virus, diarrhoea and vomiting can take up to a week to resolve.
- To avoid dehydration give your child small amounts to drink often, you may have to use a teaspoon. This can be usual feeds or breast feed, clear drinks or rehydration solution.
- See a doctor if your child has signs of dehydration such as passing little urine, a dry mouth, a dry tongue and lips, fewer tears when crying, sunken eyes, weakness, being irritable or lethargic, if there is blood in the poo or vomit.



Fever

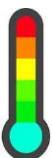
- Normal Temperature is between 36.5 and 37.5 degrees centigrade
- Fever **Common** in children, usually mild and **not** harmful. A fever should pass within 5 days. See a doctor if the fever lasts longer than 5 days.
- Use Children's paracetamol and Ibuprofen for comfort, do not sponge down.
- All children under the age of **6 months** with a temperature above 38 degrees centigrade should see their doctor.
- See a doctor if your child is not responding normally to you, is confused or has a rash that doesn't go away on pressure.

- ❖ When using Children's paracetamol and Ibuprofen, follow the instructions on the bottle



Cough and Colds

- **Common** in children. Usually caused by a virus, a cough and cold can take up to 2 weeks to clear. Sometimes the cough may take 3-4 weeks to resolve completely.
- Offer plenty of fluid and try giving children's paracetamol and Ibuprofen to make your child feel more comfortable
- See a doctor if your child is struggling to breathe or looks blue.



- Pharmacist advice and help on colds, allergies and skin conditions
- Health visitor advice for both mothers and babies
- GP and out of hours GP will provide advice and help on a wide range of conditions. You can use 111 to access an out of hours GP appointment
- NHS 111 for advice and when its less urgent than 999
- Walk in centre or minor Injuries Unit for cuts, minor burns and sprains
- Emergency Department should only be used in critical or life threatening situations

For information on all illnesses: www.nhs.uk