

WHO CAN HELP?

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

111 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.

999 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/Claritin/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)



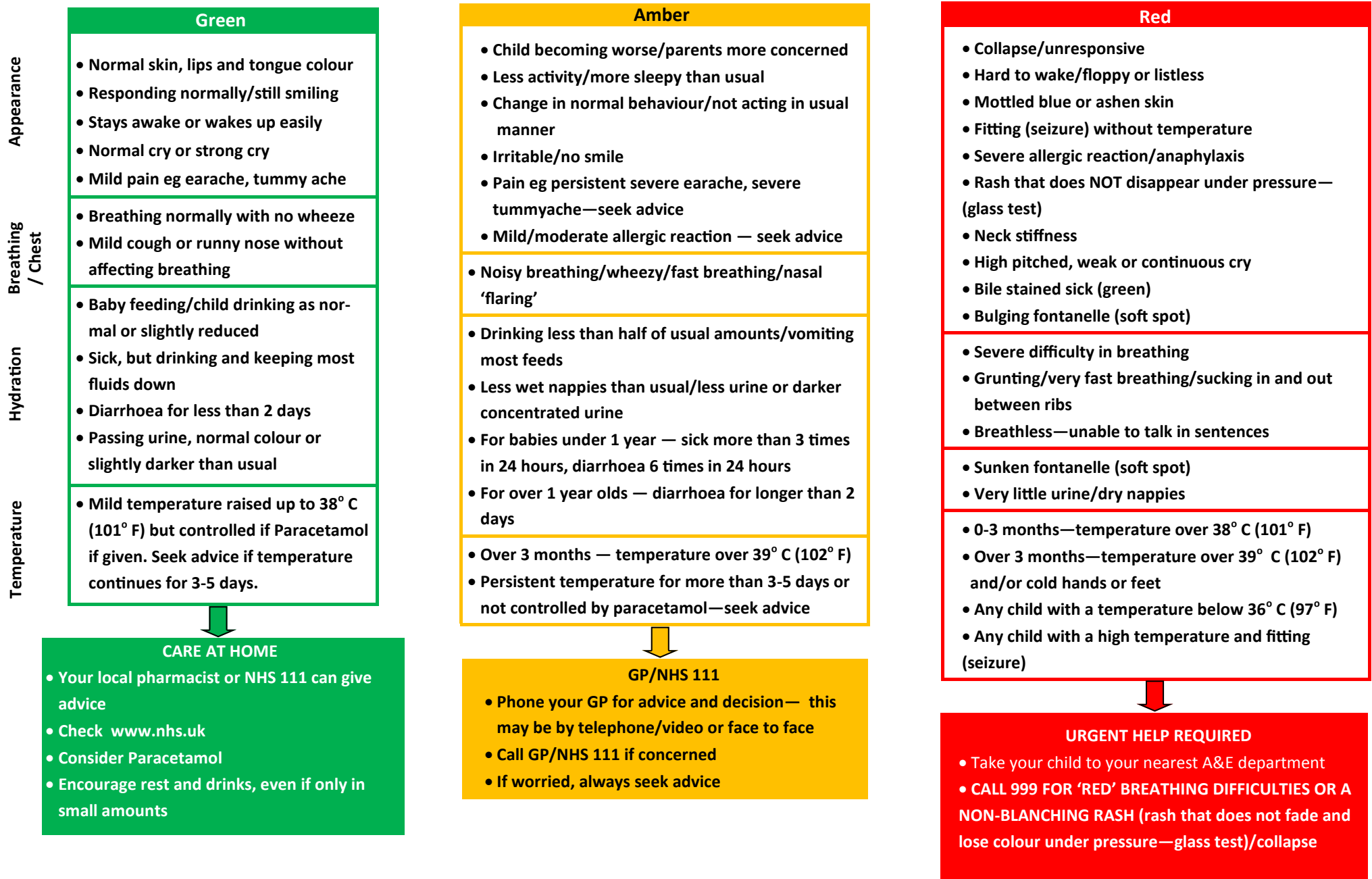
Bedfordshire Hospitals
NHS Foundation Trust

Cambridgeshire Community Services



NHS Trust

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



Fever in children is more likely to be childhood infection than COVID-19. SEEK MEDICAL ADVICE