





If you are unsure ring

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Parent Advice

(to be filled in by health care professional)

Pharmacy

Visit your pharmacist if your child is ill, but does not need to see a GP.

A pharmacist is a highly trained healthcare professional who can suggest medicines for your child.

Useful information

Do not wrap your child up warm

Do not share your bed with your child

If you are breastfeeding continue

If you smoke go outside

Visit NHS Choices at www.nhs.uk for more information

My GP Practice	My Health Visitor
Tel Number	Tel Number

SELECT YOUR CHILDS SYMPTOMS AND FOLLOW THE ADVICE SHOWN

0-5 MINOR ILLNESS GUIDE - NOT TO BE USED IN CASES OF ACCIDENT AND INJURY

Does your child look to be suffering from a life threatening illness Yes Dial 999

Does your child have any of the Does your child have any of the Does your child have any of the symptoms symptoms below? symptoms below? below? Your baby or child is snuffling Your baby or child is making a Your baby or child is grunting, breathing whistling noise when they breathe quickly, fighting for breath or their chest **BREATHING** appears sucked in with each breath Your child is content/smiling and Your child is not responding to you Your child is not responding e.g.: Cannot be stays awake or awakens quickly. If e.g.: Wakes only with constant woken or if woken does not stay awake. **AWARENESS** your child is a baby they have a stimulation and is drowsy, not They have a weak, high pitched cry (if baby) smiling and doesn't want to play normal cry Your child has their normal colour Your child is paler than normal Your child is much paler than normal, skin, lips and tongue mottled/grey or blue or has a rash which **SKIN COLOUR** does not fade when pressed with a glass Your child is warm with a Your child is warm with a Your child is extremely hot with a temperature over 39 degrees centigrade or is temperature between 36 and 38 temperature less than 39 degrees **FEVER** centigrade and has had no extremely cold with a temperature less than degrees centigrade response to calpol or liquid 35 degrees centigrade. Or your child has had no response to calpol or liquid ibuprofen ibuprofen Your child is being sick and has diarrhoea and Your child only has diarrhoea but Your child is being sick but is **SICKNESS & DIARRHOEA** is refusing drinks and not weeing /doesn't have drinking and well hydrated appears normal wet nappies **FEEDING & DRINKING** Your child is feeding & drinking Your child is feeding/drinking more Your child is refusing drinks/food and not normally or less than normal weeing Your child hasn't pooed for 2 days Your child has not pooed for 4 but is eating/drinking normally days but is weeing normally. **WEE AND POO** Monitor your child at home or Go to see your GP GO to A&E go to your nearest pharmacist