

## 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.



### 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](http://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)*



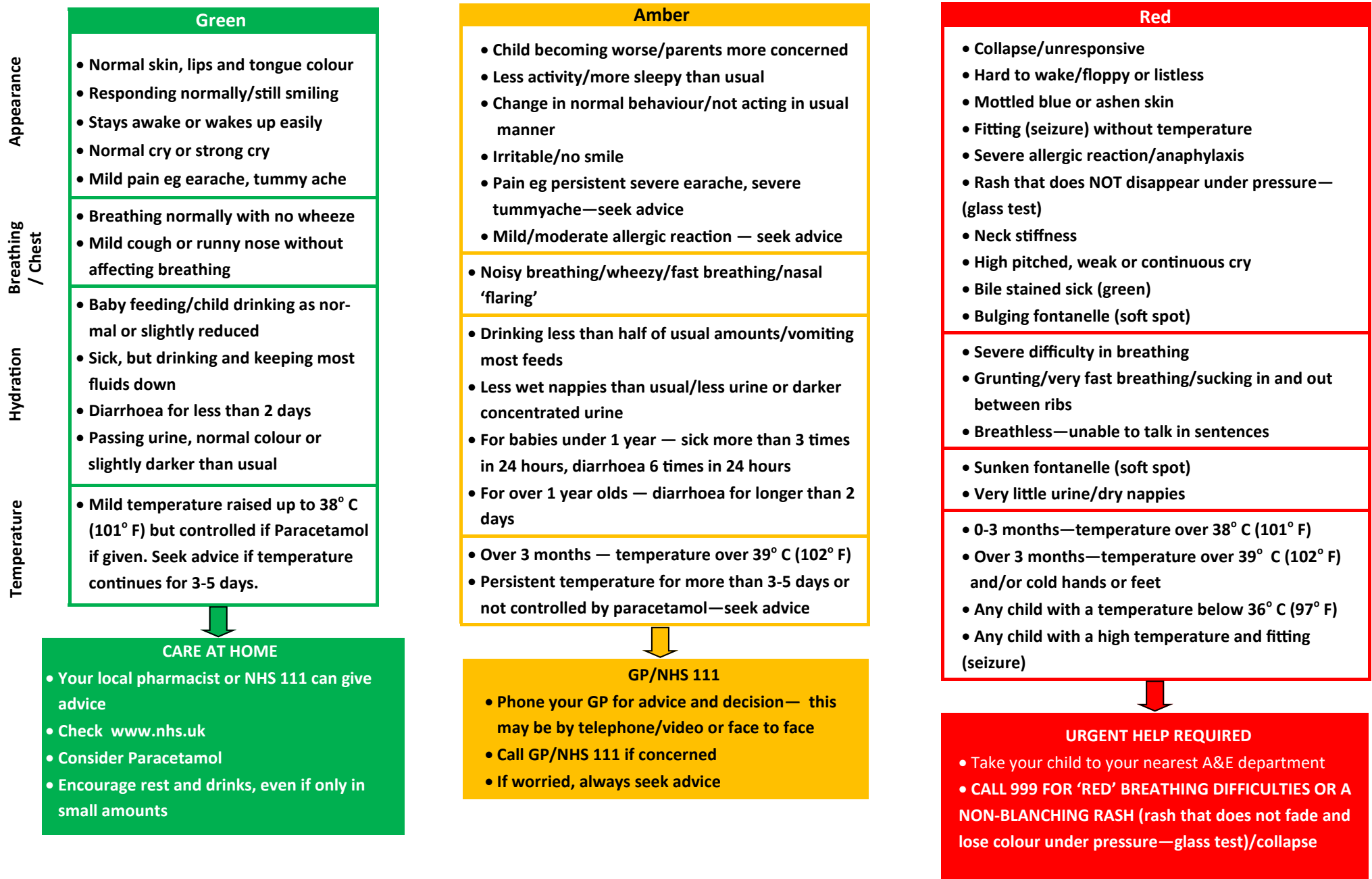
**NHS**

**Milton Keynes University Hospital**

NHS Foundation 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**