

As a parent it can be difficult to know what to do when your child is unwell. This update explains which service to use when – and also when to care for your child at home if they have a common illness, which can usually be treated with over the counter medicine from your pharmacist and plenty of rest.



## RED

### If your child has any of the following signs:

- Pale, mottled (blotchy) skin that feels unusually cold.
- Severe breathing difficulty – long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk / eat / drink.
- A fit / seizure (unless these are expected).
- Becomes extremely distressed (crying for a very long time despite distraction), is confused, sleepy all the time and difficult to wake up or not responding even when awake.
- Has a rash that does not disappear when a glass is lightly pressed against the skin.
- Under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other RED or AMBER features).
- Pain in the testicles, especially in teenage boys.
- The child has seriously harmed themselves and needs medical help.
- **If you are frightened because your child looks very unwell.**

### You need urgent help:

Go to the nearest A&E department or call 999



## AMBER

### If your child has any of the following signs:

- Finding it hard to breathe, including: drawing in of the muscles below their lower ribs, at their neck or between their ribs.
- Seems dehydrated (sunken eyes, drowsy or no wee passed for 12 hours).
- Becomes excessively sleepy or irritable (unable to settle with toys, TV, food or comfort) - especially despite their temperature coming down.
- Extreme shivering or muscle pain without an obvious explanation.
- Babies of 3 to 6 months of age with a temperature of 39°C / 102.2°F or above.
- Babies and children with a fever of 38°C or above for more than 5 days
- Constantly being sick.
- Constant or worsening tummy pain.
- Blood in the poo or wee.
- Increasingly thirsty and weeing more.
- Any injury of arms or legs causing reduced movement or persistent pain.
- Head injury causing constant crying or drowsiness.
- **Is getting worse or if you are worried.**

Contact your GP, call NHS 111 or visit NHS 111 online straight away for your child to be seen that day



## GREEN

### Your child has none of the RED or AMBER signs above, care for them at home but watch for any new signs developing:

- If your child has any symptoms that might be COVID-19 (high temperature, new continuous cough or loss of taste/smell) arrange for them to be tested via the NHS testing website or by calling 119, and follow the latest guidance.
- If your child has been burned, visit 111.nhs.uk for first aid advice and for information about when to seek medical attention.

### Continue providing your child's care at home.

Your local pharmacist can give you advice on the best over the counter medicine to treat common bugs and illnesses

If you are still concerned about your child, visit 111.nhs.uk or call NHS 111 - dial 111



## MENTAL HEALTH

- If you are worried and your child is known to child or adolescent mental health services (CAMHS), please contact them.
- If your child needs urgent mental health support or advice, visit <https://www.nhs.uk/service-search/mental-health> for local services and 24/7 urgent helplines, or text SHOUT to 85258
- If you notice any self-harm injuries on your child, please contact the NHS 24/7 Mental Health online support (visit [www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/](http://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/)) or your GP.
- If you are worried about an eating problem/disorder, contact your GP. BEAT has helpful information on their website (visit <https://www.beateatingdisorders.org.uk/support-services>).
- Helpful advice is also available at Every Mind Matters (<https://www.nhs.uk/oneyou/every-mind-matters>) and MindEd for Families (<https://www.mindedforfamilies.org.uk/>).