

# Know the basics

## Being prepared and knowing the signs

Parents are usually good at noticing when something is wrong. However, it is normal to worry that you won't recognise the signs that your baby is unwell. Trust your instincts, you know your baby best.

Learn how to spot the signs of serious illness and how to cope if an accident happens. If you know the basics and you are prepared, you will find it easier to cope.

**Keep a small supply of useful medicines in a locked cabinet or somewhere up high** where a child cannot reach them. See box on the right, for things to have at home just in case. **Make sure you've got the right strength of medicine for the age of your child**, always follow instructions carefully and check use by dates. Read the label carefully. **Do not give aspirin to children under 16.**

Find out about CPR (resuscitation) before a possible emergency, visit [www.redcrossfirstaidtraining.co.uk](http://www.redcrossfirstaidtraining.co.uk)

**If your baby seems to have a serious illness get medical help straight away.**

## Paracetamol and ibuprofen

Consider using either **sugar-free** paracetamol or ibuprofen for children with fever who appear distressed (as a general rule a temperature of over 38°C 100.4°F), as these can help to reduce fever and distress. Treat them with either paracetamol **OR** ibuprofen in the first instance. It can take up to an hour for either of them to work. Paracetamol and ibuprofen should **NOT** be given together at the same time. However, if your child remains distressed before the next dose is due, then you may want to try a dose of the other medicine. Aspirin should not be given to children under 16 years of age.

## Pharmacist says

Keep a small supply of useful items. Include things like:

- Thermometer
- Plasters
- Liquid painkillers (e.g. sugar-free paracetamol or ibuprofen). Read label carefully.
- Barrier cream
- Antihistamine

**If a child in your care is ill or injured, choose from the following services available:**

<b>Grazed knee, Sore throat Coughs and colds, Mild tummy pain or headache</b>	<b>Self Care</b>	You can treat minor illnesses and injuries at home by using the recommended medicines and making sure they get plenty of rest <a href="http://www.nhs.uk">www.nhs.uk</a>
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<p><b>As a parent if you are:</b></p> <ul style="list-style-type: none"> <li>▪ <b>Unsure</b></li> <li>▪ <b>Confused</b></li> <li>▪ <b>Need help</b></li> </ul>	<p><b>Call NHS 111</b> For 24 hour health advice and information.</p>	<p>Call <b>NHS 111</b> when it is less urgent than 999 <a href="http://www.nhs.uk/111">www.nhs.uk/111</a></p>
<ul style="list-style-type: none"> <li>▪ <b>Mild diarrhoea</b></li> <li>▪ <b>Mild skin irritations (including spots/rash)</b></li> <li>▪ <b>Mild fever</b></li> </ul>	<p><b>Pharmacist</b> For advice on common illnesses, injuries and medication.</p>	<p>To find your local pharmacy and its contact details visit: <a href="http://www.nhs.uk/chemist">www.nhs.uk/chemist</a></p>
<ul style="list-style-type: none"> <li>▪ <b>High temperature</b></li> <li>▪ <b>Head injuries not involving loss of consciousness</b></li> <li>▪ <b>Persistent cough</b></li> <li>▪ <b>Worsening health conditions (inside GP hrs)</b></li> </ul>	<p><b>Doctor</b> For the treatment of illnesses and injuries that will not go away.</p>	<p>Write your Doctor's (family doctor) telephone number here:</p>
<ul style="list-style-type: none"> <li>▪ <b>Minor bumps, cuts and possible fractures (during 9-5)</b></li> <li>▪ <b>Dehydrated</b></li> <li>▪ <b>Headache</b></li> <li>▪ <b>Tummy pain</b></li> </ul>	<p><b>Health Centre</b> For treatment of minor illnesses and injuries without an appointment.</p>	<p><b>Health Centre or Walk-in Centre</b></p>
<ul style="list-style-type: none"> <li>▪ <b>Unexpected and sudden sickness</b></li> <li>▪ <b>Severe pain</b></li> <li>▪ <b>Worsening health conditions (outside GP hrs)</b></li> </ul>	<p><b>Urgent Care</b> When you need healthcare in a hurry 24 hours a day.</p>	<p><b>A&amp;E/Urgent Care Centre</b></p>
<ul style="list-style-type: none"> <li>▪ <b>Choking</b></li> <li>▪ <b>Loss of consciousness</b></li> <li>▪ <b>Fitting</b></li> <li>▪ <b>Broken bones</b></li> </ul>	<p><b>A&amp;E or 999</b> For very severe or life threatening conditions.</p>	<p><b>A&amp;E</b></p>

NHS 111 is free to call from any landline or contract mobile phone. Pay-as-you-go mobile phones require 1 pence credit to make a call.