

Advice and guidance when caring for an unwell child aged 0-5 years

Developed with reference to NICE guidance

Select your child's symptoms and follow the advice shown

Breathing

Awareness

Skin colour

Fever

Sickness & diarrhoea

Feeding & drinking

Wee & poo

Does your child have any of the symptoms below?

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Your baby or child is suffering from a blocked nose

Your baby or child is making a whistling noise when they breathe

Your baby or child is grunting, breathing quickly, fighting for breath or their chest appears sucked in with each breath

Your child is content/smiling and stays awake or awakens quickly. If your child is a baby they have a normal cry

Your child is not responding to you like normal e.g. wakes up only with repeated stimulation and is drowsy, not smiling and doesn't want to play

Your child is not responding e.g. cannot be woken or if woken does not stay awake. They have an unusually weak, high pitched cry (If a baby)

Your child has their normal colour skin, lips and tongue

Your child is paler than normal

Your child is much paler than normal, mottled grey or has a rash which does not fade when pressed with glass

Your Child is warm with a normal temperature (36.2-37.5 degrees centigrade) or slightly raised (see QR code on how to check and manage)

See red box for children 0-3 months
Your child is **3-6 months old with a temperature of 39 degrees centigrade or more**, but they do not seem unwell and/or their temperature and symptoms improve with paracetamol or ibuprofen (always check instructions carefully)

Your child is **0-3 months old and has a temperature of 38 degrees or more**

Your child is **3-6 months old with a temperature of 39 degrees or more** and they seem unwell

See QR code for children over 6 months old

Your child is any age with a normal temperature, but any of the symptoms from the other red boxes

Your child has normal poos or diarrhoea, but no sickness

Your child is being sick and/or has diarrhoea, but is drinking

Your child is being repeatedly sick and/or has diarrhoea and is not weeing/doesn't have wet nappies

Your child is feeding and drinking normally

Your child is feeding and drinking less than normal

Your child is continuously refusing drinks and not weeing

Your child hasn't poed for 2 days but is weeing normally

Your child hasn't poed for 4 days but is weeing

Monitor your child at home or go to your nearest pharmacy

Ring your GP or NHS 111 (24hrs a day)

Go immediately to children's A&E at Leeds general infirmary and consider calling 999



For online advice and information visit www.wyhealthiertogether.nhs.uk