

Worrying signs and Symptoms: Who to contact if your child/young person is unwell

Red

If your child has any of the following:

- Blue lips
- Grunting
- Apnoeas or pauses in their breathing
- Severe difficulty in breathing
- Pale, mottled abnormally cold to touch
- Becomes agitated, confused or difficult to wake
- Under 3 months of age with a temperature of 38°C
- A harsh noise as they breathe in (stridor) present all of the time
- Develops a rash that does not disappear with pressure
- Develops swollen lips, a swollen tongue and is struggling to breathe
- Has a fit/seizure
- Green or blood stained vomit
- Develops severe pain despite pain relief
- Has testicular pain (especially in teenage boys)

Your child needs urgent help



You should call 999 or take your child to the nearest Emergency Department.



Amber

If your child has any of the following:

- Laboured/rapid breathing or working hard to breathe
- A harsh breath noise as they breathe in (stridor) present only when they are upset
- Develops a painful or blistering rash or a rash affecting more than 90 of their body
- Seems dehydrated (not passed urine for more than 12 hours)
- Has completely stopped drinking or breastfeeding
- Is weeing significantly more or less than normal
- Has extreme shivering or complains of muscle pain
- Has a fever or symptoms continuing for more than 5 days
- Has had chickenpox in the past few days and is getting more unwell
- Experiences constant pain for more than 1 day despite pain killers
- Has constant tummy pain or develops a swollen tummy
- Develops significant skin peeling
- Swelling of a limb or joint or eye
- Has blood in their poo or wee
- Develops yellow skin or eyes
- Has weight loss/poor growth
- Becoming drowsy

You need to contact a doctor or nurse today



Contact your GP or ICPS Continuing Care Nurses (whilst under this service) or NHS 111. If after 8pm contact F5 (only if your child/young person has open access to the ward).

Continuing care: 01204 463939
NHS 111: 111 F5: 01204 390715



Green

If none of the features in the red or amber boxes above are present, then children can be safely managed at home.

- Your child can also be safely managed at home if they are alert and interact with you
- Develops diarrhoea & vomiting but no red or amber signs
- Experiences pain associated with menstruation in a girl
- Is frequently constipated.

Continue providing your child's care at home



If you are still concerned contact ICPS Continuing Care Nurses (whilst under this service) for advice or your GP.

Continuing care: 01204 463939



If your child or young person has any other symptoms that are not included in the above, and you have concerns, please contact the appropriate health care provider.

