What to do if your child is unwell

Care at home

- **Fever** – children's paracetamol can bring down a high temperature.
- **Vomiting or diarrhoea** – give your child regular sips of water. Avoid solid foods.
- **Ear infection** – ease pain with children's ibuprofen or paracetamol. Antibiotics won't help in most cases.
- **Mild stomach ache** – lay quietly, offer sips of water and avoid solid foods for a while.

Pharmacy

- **Sore throat** – ease discomfort with children's paracetamol.
- **Cough or cold** – rub decongestant on chest and try a warm honey and lemon drink (aged 1+). Colds should clear up in 5-7 days.
- **Chicken pox** – antihistamines or calamine cream may help with itching.
- **Sticky eyes** – Gently clean eyelids with cooled boiled water and cotton wool. Eye drops from a pharmacist may help.

Your GP

- High fever which isn't coming down?
- Symptoms that won't go away or get worse?
- Worried about your child's health?

or go to **www.westhertsmedicalcentre.nhs.uk**

Need urgent health advice and don't know where to go? Open 24/7 and all calls are free. Find advice online at **www.nhs.uk/SymptomCheckers**

Call NHS 111

Minor Injuries Unit

- No appointment needed
- Cuts, bumps, bruises and sprains
- Broken bones
- Scalds or burns

Located in **Bishop's Stortford, Cheshunt & St Albans**

Urgent Care Centre

Open 24/7 at **Hemel Hempstead Hospital** and the **QEII Hospital, Welwyn Garden City.**
No appointment needed. Treats all minor injuries and you can also see a GP for minor illness.

- Choking
- Seizure or fit
- A rash that doesn't fade when a clear glass is pressed firmly against it
- Fainting
- Bleeding heavily

Call 999