

The glass test

- Press the side of a clear glass against the skin, if the rash fades through the glass it is unlikely to be serious.
- Keep checking throughout the day: if the rash doesn't fade under pressure seek urgent medical advice.
- Check the whole body for the rash, including abdomen, buttocks and soles of feet.



Post hospital care

- Once you have been seen by one of our doctors or nurses you will be discharged home.
- Remember to give your child regular calpol and ibuprofen, and ensure they are drinking enough fluids at home.
- Antibiotics are used to treat bacterial infections, and colds are viral infections so will not respond to antibiotics.
- Contact your GP for a follow up if required. Please do not come back to A&E unless your child's condition is worsening, or unless they are triggering red on the traffic light overleaf.

Useful resources/contacts

- Your local pharmacy - www.nhs.uk.
- Your GP surgery: please contact your GP when the surgery is open, and call 111 when the GP is closed.
- NHS 111 provides advice for urgent care needs and is open 24hrs a day. They can arrange urgent GP appointments and calls from landlines and mobiles are free.
- NHS Choices - www.nhs.uk.
- www.whittington.nhs.uk.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Coughs and Colds

A parent's guide



Introduction

- Children get colds because their immune system is still developing, therefore babies and toddlers tend to suffer the most.
- They are generally mild and short-lived; you may find that your child develops another cold straight after they have just recovered from one.
- Children may take slightly longer to recover from a cold than an adult would.

When to worry?

- If you are concerned your child's condition is worsening, please follow the traffic light advice.
- If your child is under eight weeks (or pre immunisations), seek help immediately.
- If your child is under 12 weeks old, contact your GP or call 111 for urgent advice.

Signs and symptoms of a cold

The main symptoms include:

- Cough and/or a sore throat.
- A blocked or runny nose.
- Sneezing, a hoarse voice and feeling generally unwell.
- Ear pain.
- Low grade fevers (below 38.5C).

You need EMERGENCY help in your local Accident & Emergency - call 999

- Your child becomes unresponsive or very difficult to rouse.
- They are struggling to breathe - breathing very fast or very slowly.
- They are using their accessory muscles to breathe; signs of this include sucking in at the ribs when breathing in, nasal flaring, head bobbing and a grunting noise.
- Pale in colour, any signs of blueness to the lips and mouth.
- Unable to feed due to tiredness/ lethargy and becoming increasingly weak.
- They develop a rash that doesn't fade when the skin is stretched (glass test).

You need to contact a doctor/nurse today. Ring the GP, if they are closed call 111

- Your child is not improving despite intervention and you are generally worried.
- Your child is not drinking and has signs of dehydration, which include dry mouth, no tear, sunken/ darkened eyes.
- If your child has significantly reduced urine over a 24 hour period.
- If your child is more sleepy or lethargic than usual and you are concerned.
- If the fever lasts for more than 5 days, or if the fever is consistent.
- If your baby is under 6 months old
- Your child is having some mild - moderate increased respiratory effort, breathing slightly faster or deeper than normal. This should ease when they are asleep.

Self-Care – use advice on this leaflet, contact 111 or NHS choices for advice

- Your child reacts well to Calpol or ibuprofen, you can administer this regularly for the duration of their illness.
- Your child has breaks from the fever and is happy/playing during these breaks.
- Your child is drinking good amounts of fluid and eating small amounts.
- Your child is passing good amounts of urine.

Treatment at home

- If they have a fever, take off most of their clothes. Children lose some heat through their skin, so do not wrap them up.
- Give them plenty of fluids to drink. A child with a fever often does not feel hungry but it is important that they drink plenty to prevent dehydration.
- You may use medications such as paracetamol (Calpol) or ibuprofen (Nurofen/Calprofen). Please check the packet for the correct doses for your child's age.