

Young children regularly get coughs, colds and or an upset stomach, all of which can be easily treated at home, with the help of your local pharmacist and without having to visit your GP.

Inside this leaflet are some facts and treatment tips to help you decide how to treat these common illnesses, as well as advice on when you may need to visit your doctor.

FEVER:

GO TO YOUR GP IF

your baby's temperature is high:
 over 38°C if under 3 months
 over 39°C if over 3 months
Evenings and weekends
 phone Westcall on
 0118 978 7811 in the Berkshire
 West area or 0118 936 5390
 in the Berkshire East area



MORE INFORMATION

There's lots more information for parents and carers of young children on the NHS Choices website - www.nhs.uk or from NHS direct 0845 46 47 including:

- Treating a high temperature.
- Spotting the signs of serious illness.
- Childhood immunisation.



If you need this information in another format or language, please call 0118 982 2835

www.nhs.uk/winterhealth
www.berkshirewest.nhs.uk



Find out how to deal with common childhood illnesses:

- Coughs
- Colds
- Sore Throats
- Vomiting & Diarrhoea



www.choosewelltoday.com



COUGHS...

THE FACTS

Children often cough when they have a cold because mucus trickles down their throat. It can be upsetting to hear, but coughing helps clear away phlegm from the chest or throat.

There usually isn't anything to worry about if your child:

- Is eating/feeding and drinking normally.
- Isn't wheezing.

TREATMENT TIPS

- If your child is over 1 year old, try a warm drink of lemon and honey.

GO TO YOUR GP SURGERY IF...

- Your child has a bad cough that won't go away. They may have a chest infection.
- A cough is worse at night or is brought on by your child running about. It could be a sign of asthma.
- Your child seems to be having trouble breathing (you can ring an out of hours service if at night).
Out of hours call Westcall **0118 978 7811** in the Berkshire West area or **0118 936 5390** in the Berkshire East area.



COLDS...

THE FACTS

There is no cure for a cold or flu. It's normal for a child to have eight or more colds a year. Gradually they build up immunity and get fewer colds. Most colds get better in 5-7 days.

TREATMENT TIPS

- Give them more fluids.
- Ask your pharmacist for child-friendly paracetamol or ibuprofen.
- Make sure everyone in the family washes their hands regularly.
- Saline nose drops are better for children - ask your pharmacist, GP or health visitor about them.
- Don't use nasal decongestants for more than 2-3 days, it can make stuffiness worse.

SORE THROAT...

THE FACTS

- Your child's throat may be dry and sore for a day or two before a cold starts.
- Most sore throats clear up on their own after a few days.

TREATMENT TIPS

- Ask your pharmacist for child-friendly paracetamol or ibuprofen.

GO TO YOUR GP SURGERY IF...

- Your child has a sore throat for more than 4 days.
- Has a high temperature and is generally unwell, or is unable to swallow fluids.



VOMITING AND DIARRHOEA...

THE FACTS

Sickness (nausea) and diarrhoea bugs are caught easily. They are often passed on in situations where there are lots of children such as playgroups, nursery or school.

Feeling sick and sudden vomiting are normally the first signs. Diarrhoea usually follows afterwards.

TREATMENT TIPS

- Give your child plenty of fluids.
- Give them lots of reassurance and stay with them.
- When they can eat, offer bland, easily digested foods (nothing rich or salty).
- If you're breastfeeding, keep on doing so.

GO TO YOUR GP SURGERY IF...

- Vomiting and diarrhoea last longer than 24 hours.
- Your child appears dehydrated.
In babies: has a sunken fontanelle (soft spot) or dry nappies.
In older children: Has sunken eyes and cheeks.

SEE YOUR GP IF...

- Your young baby has sickness and diarrhoea, always ask your GP or health visitor for advice on feeding.

