

CARE AT HOME

There are lot of things you can do to care for a sick child at home.

- Offer regular fluids
- Encourage your child to rest
- Offer lots of cuddles

Keep your medicine cupboard well stocked with the following:

Simple Analgesia (such as paracetamol).

- Always follow the instructions on the bottle for the correct dosage.

Thermometers.

- Digital ear or underarm thermometers are available for checking your child's temperature.

Wash your hands regularly to avoid infections spreading within your household.

SERVICES YOU CAN ACCESS IF YOUR CHILD IS UNWELL

Your Health Visitor or School Nurse

Health Visitors and School Nurses are specialist Public Health Nurses who work solely with children. They can advise you on different aspects of caring for an ill child and when to seek help. Numbers for the local clinics can be found at

<https://www.gov.im/categories/health-and-wellbeing/childrens-and-families-health-visiting>

The Community Pharmacist

Your local pharmacist is fully qualified to give advice on common illnesses and injuries and medicine used to treat them. They can advise on the use of over the counter medicines. See below for what they can provide under the minor ailments scheme

<https://www.gov.im/media/1349119/minor-ailments-flyer.pdf>

Your GP / MEDS (Tel 650355)

Your GP can see your child if their illness is not getting better or if you are worried. MEDS can see your child outside of the usual GP surgery opening hours. See their leaflet via this link for further information

<https://www.gov.im/media/1368647/nh1203-meds-leaflet.pdf>

Minor Injuries Unit (MIU) Tel 811800

A walk in service based at Ramsey Cottage Hospital where a Nurse Practitioner can assess you. The MIU is open 8am-8pm, 7 days a week (including Bank Holidays).

If your child is unwell

What you can do
and who can help



**If your child has symptoms of COVID-19
such as a new or persistent cough,
a high temperature or loss of sense of taste or smell
please phone 111 for further advice.**

Department of Health and Social Care

Rheynn Slaynt as Kiarail y Theay



**Isle of Man
Government**

Reiltys Ellan Vannin

GREEN

Observe your child or baby's . . .

Behaviour

- Responding normally.
- Awake or wakes up easily.
- Has a normal or strong cry.

Breathing

- Breathing normally.
- Mild cough or runny nose without affecting breathing.

Hydration

- Taking milk or fluids as normal or slightly reduced.
- Sick but keeping most fluids down.
- Diarrhoea for less than 48 hours.
- Passing urine, normal colour or slightly darker.

Temperature

- Temperature raised but controlled by paracetamol or ibuprofen.



CARE AT HOME

AMBER

Observe your child or baby's . . .

Behaviour

Becoming less active and sleeping more.
Changes in behaviour/not acting in a normal manner.
Irritable and not smiling.

Breathing

Altered breathing such as; noisy, wheezy, becoming faster.
Sucking in of tummy muscles to breathe.

Hydration

Fluid intake lessening.
Not keeping fluids down. Vomiting more than 3x in 24 hours in babies under 12 months.
Less wet nappies / urine darker.
Diarrhoea more than 6x in 24 hours in babies under 12 months, or diarrhoea for more than 2 days in children over 12 months.

Temperature

Temperature over 38°C in babies under 3 months.
High temperature in children of all ages lasting more than 3 days, which is not being well controlled with paracetamol or ibuprofen.



**CONTACT GP
MEDS OR MIU**

RED

Observe your child or baby's . . .

Behaviour

Hard to wake, floppy or listless.
Mottled, blue or ashen skin.
Has had or is having a fit (seizure).
Rash that does NOT disappear under pressure (the glass test).
Neck stiffness.
High pitched, weak or continuous cry.
Bile stained vomit (green / yellow).
Bulging fontanelle (soft spot on head in babies).

Breathing

Grunting / very fast breathing.
Increased effort of breathing in chest and or nose.
Breathless - unable to talk in sentences.

Hydration

Sunken fontanelle (soft spot on head).
Very little urine / dry nappies.

Temperature

0-3 months temperature over 38°C.
Temperature over 39°C and cold hands and feet.
Any child / baby with a high temperature & fitting (seizure).



**CALL 999 OR ATTEND
A&E URGENTLY**