

Information for parents and carers of children under 5 years old



**COMMON ILLNESSES IN
BABIES AND YOUNG
CHILDREN**

**WITH COMFORT & ADVICE
FOR YOUR LITTLE ONES**

Ifield Medical Practice

This leaflet has information and advice on how to manage common illnesses in babies and young children.

Pharmacy

- Expert advice on minor illnesses
- Prescription medicines for some conditions
 - without a GP appointment.
 - plus over-the-counter medicines.

GP practice

- Some illnesses can be tricky to deal with at home or you may need help after a few days.

Urgent treatment centre / walk-in centre

- For urgent medical help when it is not an emergency
- You don't need an appointment.

A&E

- For serious or life-threatening health conditions.

NHS 111



If you're not sure what to do or where to go, NHS 111 can help. It's available 24/7, 365 days a year.

NHS 111 can tell you where to go AND book you a time slot (if needed). So, there's less waiting when you get there.

To use British Sign Language go to:
<https://signvideo.co.uk/nhs111>

If you have hearing problems, call:
18001 111 using the Relay UK app or a textphone.

For help in other languages:
Call 111 and ask for an interpreter.

Call 111 for free Or
Go to www.111.nhs.uk for people
aged 5 years and over.

High temperature (fever)

Good to know:

A fever is very common in young children, it's the body's natural response to fighting infections like coughs and colds, and will usually return to normal within 3 to 4 days.

Things you can do:

- Encourage them to rest and drink plenty.
- Don't wrap your child up.
- Give children's paracetamol or ibuprofen (check packaging/leaflet for age restrictions).
- Check their temperature (use a digital thermometer if possible).
- Keep them away from school and nursery.
- Check for any rashes and signs of dehydration.

Contact your GP practice or call NHS 111 if your child:

- Is under 3 months and has a temperature over 38°C.
- Is older than 3 months and has a temperature above 39°C.
- Has a fever for 5 days or more and other signs of illness, such as a rash.
- Is showing signs of dehydration – such as nappies that are not very wet, sunken eyes and no tears when they are crying,

Coughing

Good to know:

Most coughs are caused by a virus, so antibiotics won't help. If your child is feeding/eating, drinking, and breathing normally, a cough is usually nothing to worry about.

Things you can do:

- Encourage them to rest and drink plenty.
- Try a warm lemon juice and honey drink (over 1 year only).
- Keep them at home if they have a high temperature

Contact your GP practice or call NHS 111 if your child:

- Has a cough that lasts longer than 3 weeks.
- Has a cough that continues for a long time, especially if it's worse at night or brought on by physical activity.
- Has a high temperature (38°C or more).
- Is wheezing.

Croup

Good to know:

Children usually start with cold-like symptoms, then signs of croup come on after a few days.

Croup is caused by a virus - antibiotics won't help. It usually gets better within 48 hours.

Symptoms:

- A barking cough.
- A hoarse voice.
- Difficulty breathing.
- A high pitched, rasping sound when breathing in.

Things you can do:

- Sit your child upright - try not to let them lie down
- Encourage them to drink plenty of fluids.
- Give children's paracetamol or ibuprofen (check packaging/leaflet for age restrictions).
- Keep them at home for 48 hours.

Ask for an urgent GP appointment or call NHS 111 if:

- You think your child may have croup.
- They are no better, or are getting worse, even after seeing a GP

Tonsillitis

Good to know:

Tonsillitis usually gets better on its own after a few days, but it can last longer. It's usually caused by a virus.

Symptoms:

- Painful, swollen glands.
- A sore throat, possibly with pus filled spots or white patches
- A high temperature.
- A cough, headache and/or earache.
- Feeling sick and/or being sick.

Things you can do:

- Encourage your child to rest and drink plenty.
- Give children's paracetamol or ibuprofen (check packaging/leaflet for age restrictions).
- Ask a pharmacist about over-the-counter medicines.

Contact your GP practice or call NHS 111 if your child:

- Has symptoms that last more than a week.
- Keeps getting throat infections.
- Has pus-filled spots on their tonsils.
- Is struggling to eat and drink.

Earache

Good to know:

Earache in children is usually caused by a virus and will improve after a few days.

Symptoms:

- Rubbing or pulling at their ear.
- A temperature of 38°C or above.
- Losing their balance.

Things you can do:

- Place a warm or cold flannel on the ear.
- Talk to a pharmacist about over-the-counter medicines or prescription medicine without a GP appointment (1 year and over)

Contact your GP practice if your child:

- Has earache for more than 3 days.
- Keeps getting earache.

Ask for an urgent GP appointment or call NHS 111 if your child has:

- A very high temperature.
- Swelling around their ear.
- Fluid coming from their ear.
- Hearing loss or a change in hearing.
- Something stuck in their ear.
- Earache in both ears and is under 2 years.

Measles

Good to know:

Measles is caused by a virus – antibiotics won't help. It usually starts to get better in about a week but can be very serious. The number of people catching measles is rising. The best way to prevent measles is 2 doses of the MMR (measles, mumps and rubella) vaccine. Contact your GP practice if your child hasn't had theirs.

Symptoms:

- Measles usually starts with cold-like symptoms, followed by a rash a few days later.
- The spots are sometimes raised and join to form blotchy patches. They're not usually itchy.

Things you can do:

- Encourage your child to rest and drink plenty.
- Give children's paracetamol or ibuprofen (check packaging/leaflet for age restrictions).
- Use cotton wool and warm water to remove crusts from your child's eyes.
- Keep them at home for at least 4 days from when the rash appears.

If you think your child may have measles, stay at home and contact your GP practice or NHS 111. It is very important that you stay away from GP practices, A&E departments, and other health services so you don't pass measles on to others.

Rashes

Good to know:

Many things can cause a rash in babies and children - they're often nothing to worry about and will go away on their own.

Contact your GP practice if your child:

- Has a rash of small, raised bumps that feels rough like sandpaper - plus a high temperature
- Has sores or blisters on their skin that burst and leave crusty, golden-brown patches.
- Has itchy, dry and cracked skin.

Ask for an urgent GP appointment or contact NHS 111 if your child:

- Has a rash you are worried about.
- Is under 3 months old and has a temperature of 38°C or higher.
- Is aged 3 months or older and has a temperature of 39°C or higher.



Most pharmacies can also offer prescription medicine for some conditions, without your child needing to see a GP or make an appointment. This is called Pharmacy First.

Conditions they can offer assessment and prescription medicine for are:

impetigo (aged 1 year and over)

infected insect bites (aged 1 year and over)

earache (aged 1 to 17 years)

sore throat (aged 5 years and over)

Local Urgent Treatment Centre

Crawley Urgent Treatment Centre
Crawley Hospital
West Green Drive,
Crawley
West Sussex
RH11 7DH

Open seven days a week from 7:30am to 10pm.

Their team comprises doctors, emergency nurse practitioners, paramedic practitioners, and experienced healthcare professionals.

They provide assessment and treatment for minor injuries or illnesses that are urgent but not life-threatening. Most patients will be assessed, treated, and discharged during their visit. Treatment summaries and any follow-up advice or treatment will then be shared with the patient's GP.



Call 999 or go to A&E if your child has any of these symptoms:

- Blue, grey, pale, or blotchy skin.
- Has a rash that does not disappear when a glass is lightly pressed against the skin.
- Severe difficulty breathing.
- Sudden swelling of lips, mouth, throat or tongue
- A fit or seizure for the first time.
- A stiff neck and pain when looking at bright lights
- A sudden, severe headache or tummy ache.
- Confused and/or sleepy and not responding as usual

