

## Vomiting and Diarrhoea.

### The facts.

Sickness 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 or 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, easy digested foods - nothing rich or salty
- If you are breastfeeding keep on doing so

### Call your GP practice 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



## General Advice.

If your symptoms suddenly get worse, or fail to improve after a few days, you can:

- Speak to your local pharmacy staff
- Look online for advice at [www.nhs.uk](http://www.nhs.uk)
- Phone your GP for advice
- Call NHS Direct on 0845 46 47

## Interactive first aid kit.

Find out what to keep in your kit and how to use it:

[www.nhs.uk](http://www.nhs.uk) and search for 'first aid kit'

Make sure that you Choose Well:

- Save yourself time
- Help GPs have more time to treat people with serious health problems
- Ensure that A&E, emergency and 999 services are free to treat people with life-threatening and emergency conditions

Download further information on your mobile - go to [www.northwest.nhs.uk/qr](http://www.northwest.nhs.uk/qr) or scan the QR code on the right with your smart phone.



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# Facts and treatment tips for you and your child.

## Coping with common childhood illnesses:

- Coughs
- Colds
- Sore throats
- Vomiting and diarrhoea



Young children regularly get coughs, colds or an upset stomach all of which can be easily treated at home with the help of your local pharmacist.

Inside this leaflet are some treatment tips to help you decide how to treat these common ailments as well as advice on when you may need to call your GP.

**Important:** Keep your medicines safe from little ones at all times by locking your medicine cabinet. Always read the label and check that you are giving the correct dosage. Do not give aspirin to children under 16 unless prescribed by a doctor, and if you are breastfeeding, ask a GP, midwife or health visitor for advice before taking aspirin.

More information on children's medicines is available at [www.nhs.uk](http://www.nhs.uk) - search for 'children's medicines'.

## Fever.

### Call you GP practice if...

Your baby's temperature is high:  
**over 38°C** if under 3 months  
**over 39°C** if over 3 months

## 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 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 one year old try a warm drink of lemon and honey

### Call your GP practice if...

- Your child has a bad cough that won't go away. They may have a chest infection and need antibiotics
- 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



## Colds. The facts.

There is no cure for a cold or flu. It's normal for a child to have 8 or more colds a year. Gradually they will develop immunity and get fewer colds. Most colds begin to get better within a week.

### Treatment tips.

- Give them plenty of 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 about them
- Don't use nasal decongestants for more than two or three days it can make stuffiness worse

## Sore throat. The facts.

- Your child's throat maybe 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

### Call your GP practice if...

Your child has a sore throat that isn't improving after four days has a high temperature and is generally unwell, or is unable to swallow fluids