YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE
- Pink eyes/red eyes

BEHAVIOUR
- Ear pain for less than 2 days
- Mild tummy pain that comes and goes

YOU SHOULD CALL YOUR GP IF

APPEARANCE
- Mild/mod allergic reaction (known or suspected)
- New rash that fades when you press on it

BEHAVIOUR
- Mild irritability/sleepier than normal
- Severe tummy pain that comes and goes
- Vomiting and diarrhoea
- Not passed urine for more than 12 hours

YOU SHOULD GO TO A&E IF

APPEARANCE
- Dizziness/feeling faint
- Rash that does not fade when you press it

BEHAVIOUR
- Severe constant tummy pain

OTHER
- Burn
- Possible broken bone

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE
- Pale/mottled/ashen/blue colour
- Collapsed/unresponsive/loss of consciousness
- No obvious pulse or heartbeat
- Severe allergic reaction
- Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- Seizure/jerking movements/fit

BREATHING
- Sucking in and out between ribs
- Flaring nostrils
- Extremely fast breathing
- Noisy breathing

OTHER
- Bleeding from an injury, that doesn’t stop after 10 minutes of pressure

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE
- Pale/mottled/ashen/blue colour
- Collapsed/unresponsive/loss of consciousness
- No obvious pulse or heartbeat
- Severe allergic reaction
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BREATHING
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- Flaring nostrils
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- Noisy breathing

OTHER
- Bleeding from an injury, that doesn’t stop after 10 minutes of pressure

FOR PARENTS
A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child’s GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:

FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP