

## General Advice for Parents of Sick Children

### Parents asked to seek medical attention through contacting own GP/111/A&E if:

- **Fever < 3 months old**  Persistent high temperature over 38 degrees Celsius
- **Fever >3 months old**  persistent high temperature over 39 degrees Celsius

- Activity – drowsy, difficult to wake / inconsolable crying/ or fitting
- Breathing – Visibly struggling to breath/blue lips or periods of no breathing
- Diarrhoea – more than 5 times in 24 hours or blood in stool
- Hydration – not drinking / no wet nappies or passing urine for 12 hours / dry mouth, sunken eyes
- Skin – is pale / mottled / blue or new rash which does not fade under pressure
- Any other parental concern

### **Wheeze and Asthma specific advice**

Parents asked to seek medical attention through contacting own GP/111/or A&E if:

- If child is on inhalers and the reliever inhaler is needed more than every 4 hours or is not helping
- The child is visibly struggling to breath, sounds wheezy and coughing more
- The child complains of a tight chest
- Child becomes tired or drowsy
- The child is unable to speak in full sentences