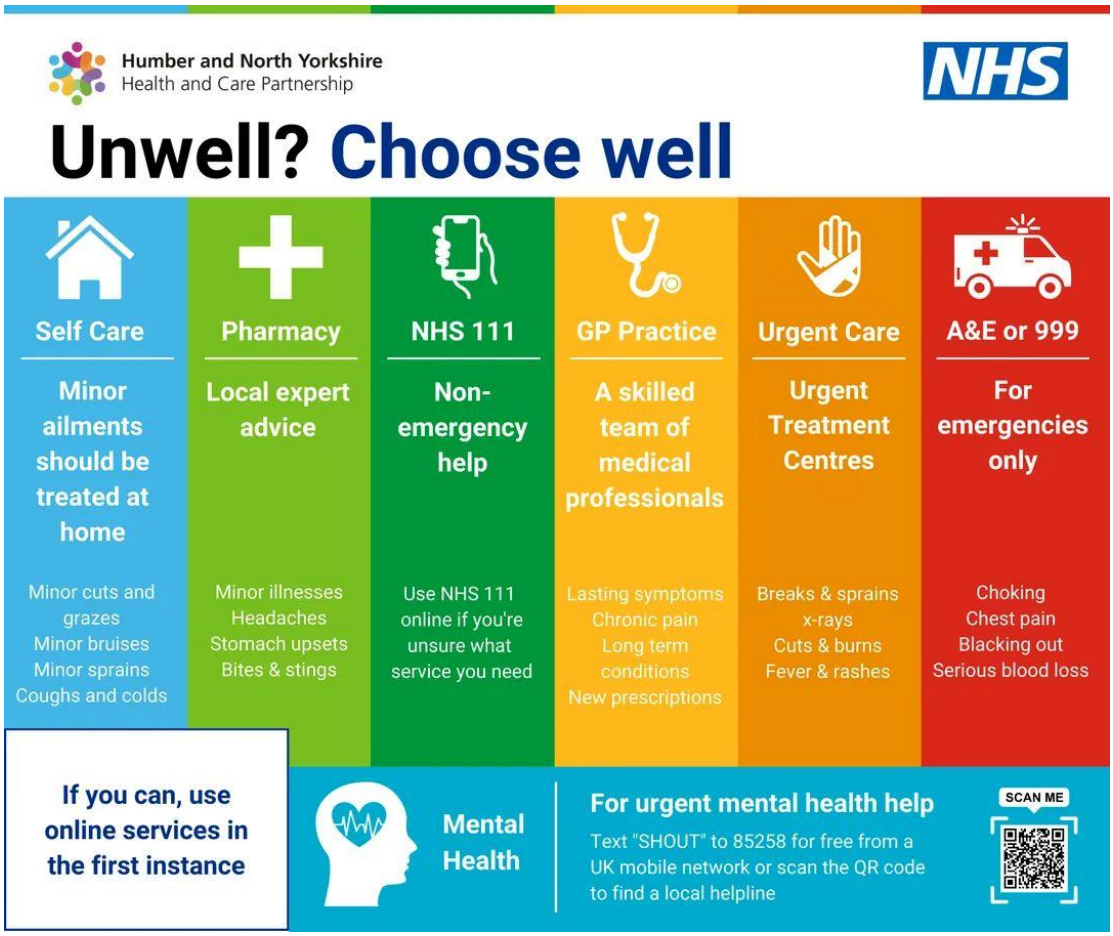
What to do if my Child is Ill?

Minor	Moderate	Severe
Self Care / Pharmacy	NHS 111 / GP Practice / Urgent Care	A&E or 999
Self-care at home Pharmacy or Chemist Hull Health Visitor or School nurse, advice Tel 01482 259600, text 07312263206 East Riding Health Visitor or School Nurse advice Tel 01482 689689	Unwell or injury that is not going away or getting worse Call NHS 111 GP or Walk in Centres at Hull Royal Infirmary, Bransholme Centre, Beverley Hospital, or Bridlington Hospital	**Go to A&E or call 999** **Pale skin that feels cold** **Rash that does not disappear when you press a glass to it** **The soft spot on your baby's head is hard** **Uneven breathing, blue, or breathless** **A fit/seizure.** **Crying for a long time and will not stop** **Floppy, sleepy, not waking to be fed** **Under 12 weeks old with temperature of 38°C or higher** **Testicle or tummy pain** **Serious injury** **If you are frightened because your child looks very unwell**



Bronchiolitis	Coughs and Cold	Difficulty breathing and wheeze
Fever or High Temperature	**Flu or Influenza**	**Measles**
Mental Health	**Preventing Accidents at Home**	**Should my child go to school or nursery**
Vomiting and Diarrhoea	**Hull Parentline**	**East Riding Parentline**