Rotherham Clinical Commissioning Group



**NHS Foundation Trust** 

## Illness Advice Sheet for Children aged 0-5 years

				Does your child have any of the symptoms below	Does your child have any of the symptoms below	Does your child have any of the symptoms below
SELECT YOUR CHILDS SYMPTOMS AND FOLLOW THE ADVICE SHOWN		BREATHING		Your child is snuffling or has a blocked nose	Your child is breathing quickly or making a high pitched noise when they breathe in or out	Your child is grunting*, fighting for breath* or they are breathing quickly and their chest appears to suck in with each breath
		AWARENESS		Your child is sleepier than normal or has decreased activity	Your child wakes only with constant stimulation is not smiling and doesn't want to play at all	Your child is not responding* e.g. Cannot be woken or if woken does not stay awake. They have an unusually weak, high pitched cry (if baby)
		SKIN COLOUR		Your child is paler than normal	Your child is paler than normal with a hot body, cool hands and feet	Your child is mottled/grey or blue* or has a rash which does not fade when pressed with a glass
		FEVER		Your child is warm with a temperature over 37.5 degrees centigrade consider use Paracetamol and / or Ibuprofen. Please see the information on the other side of this sheet**	Your child has a temperature over 37.5 degrees centigrade and Paracetamol and / or Ibuprofen are not helping to bring the temperature down For children over 6 months old please see the information on the	Your child has a temperature over 38.5 degrees centigrade and Paracetamol and / or Ibuprofen are not helping to bring the temperature down For children over 6 months old please see the information on the
		SICKNESS & DIARRHOEA		Your child has diarrhoea and / or vomiting but is still drinking	other side of this sheet*** Your child has diarrhoea and / or vomiting and is not drinking as normal	other side of this sheet*** Your child has diarrhoea and / or vomiting, is refusing drinks and has not had a wee for 8 hours
		FEEDING & DRINKING		Your child is feeding & drinking less than normal	Your child is refusing food / drinks but still weeing	Your child is continuously refusing drinks and not had a wee for 12 hours
SE		WEE & POO		Your child has not pooed for 2 days but is eating/drinking normally	Your child has not pooed for 4 days Your child has not had a wee for 8 hours	Your child has not pooed for 4 days and is now vomiting Your child has not had a wee for 12 hours and is in pain
	Date: July 2017		Monitor your child at	See a GP/Community Healthcare		
		Review Date: July 2020		home or see a pharmacist	Professional	GO to A&E (*Call 999)

Developed with reference to NICE guidelines

**Clinical Commissioning Group** 



Paracetamol & Ibuprofen can be given together for a child's temperature and pain

The information below on Paracetamol and Ibuprofen doses is a guide - please read and follow the instructions on the bottle or seek advice from a healthcare professional or a pharmacist

Please seek advice from a healthcare professional or pharmacist for doses of Paracetamol and Ibuprofen for children under 3 months old

**How much <b>Paracetamol</b> should I give my child?								
Age	Dose	Dose in mls	Frequency and Information					
3-6 months	60 mg	2.5ml of 120mg/5ml	• 4-6 hourly					
6-24 months	120 mg	5ml of 120mg/5ml	Maximum 4 doses per day					
2-4 years	180 mg	7.5ml of 120mg/5ml	<ul> <li>Do not give this medication to your child for more than 3 days without speaking to a doctor</li> </ul>					
4-6 years	240 mg	10ml of 120mg/5ml	or pharmacist					
6-8 years	250 mg	5ml of 250mg/5ml						
8-10 years	375 mg	7.5ml of 250mg/5ml						

**How much Ibuprofen should I give my child?								
Age	Dose	Dose in mls	Frequency and Information					
3-12 months	50 mg	2.5mls of 100mg/5ml	6-8 hourly					
1-3 years	100 mg	5mls of 100mg/5ml	• Maximum 3 doses per day if under 3 years and 3-4 doses if over 3 years					
3-7 years	150 mg	7.5mls of 100mg/5ml	<ul> <li>Do not give Ibuprofen to a child with</li> </ul>					
7-10 years	200 mg	10mls of 100mg/5ml	chickenpox					
Paracetamol and Ibuprofen dosages based on BNF for Children 2016-2017 recommendations								

Further information and Advice www.nhs.co.uk/conditions www.patient.co.uk www.rotherhamccq.nhs.uk/rightcarefirsttime.htm NHS 111 Local or Out of Hours GP service Local Pharmacist

## \*\*\*Temperature

If your child is older than 6 months a high temperature on its own does not indicate a serious illness. Please refer to other symptoms such as breathing, skin colour as shown on the reverse of this leaflet.

Ideally to get a fast and accurate reading of your child's temperature, you need a digital thermometer. These are readily available from pharmacies and most supermarkets.

Re-check temperature 1-2 hours after having Paracetamol and / or Ibuprofen to see if the medicine has worked in bringing the temperature down