

CHILDHOOD ILLNESS INFORMATION PACK



RED ROOFS SURGERY

31 Coton Road, Nuneaton, CV11 5TW

Tel: 024 7635 7100

www.redroofssurgery.co.uk

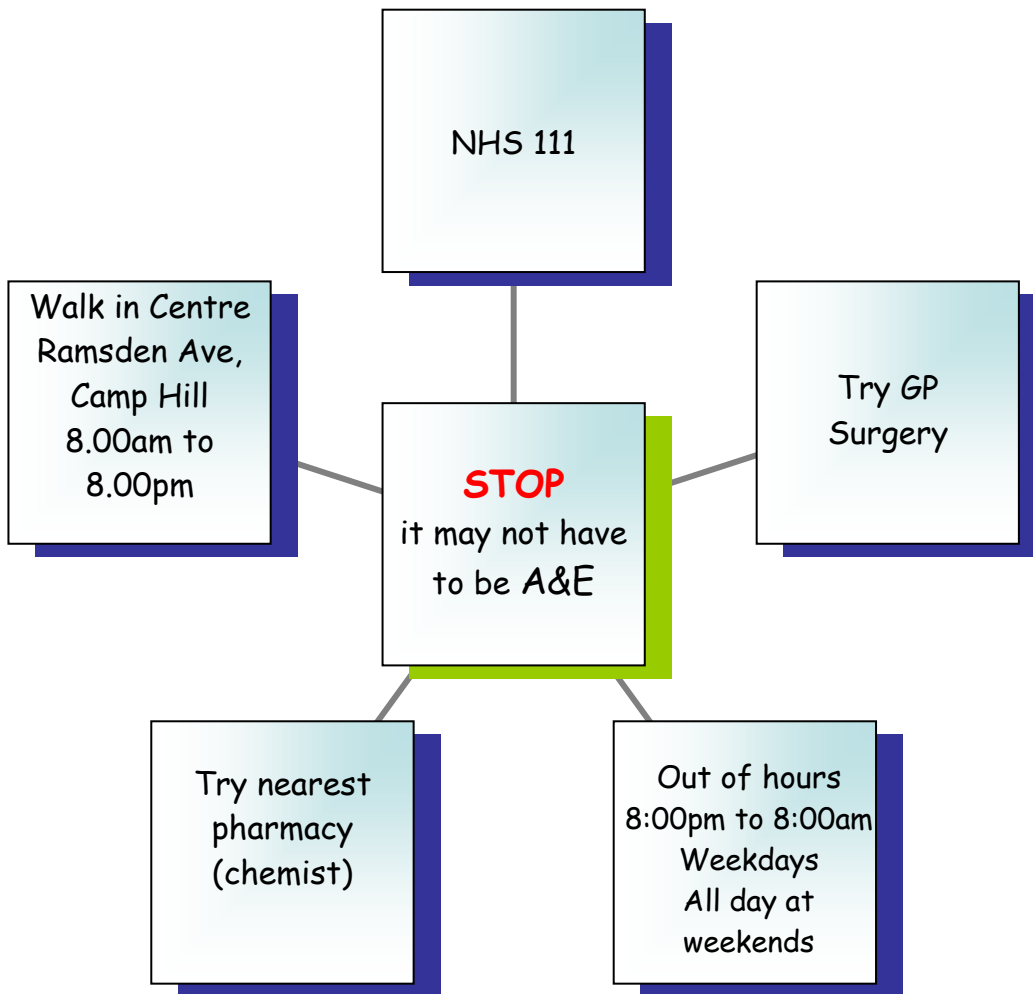
Practice Opening Hours:

| | | |
|-----------|-------------|--------------|
| Monday | 08.00-12.00 | 13.30- 18.30 |
| Tuesday | 08.00-12.00 | 13.30- 18.30 |
| Wednesday | 08.00-12.00 | 13.30- 18.30 |
| Thursday | 08.00-12.00 | 13.30- 18.30 |
| Friday | 08.00-12.00 | 13.30- 18.30 |
| Saturday | 08.00-12.00 | |

Before You Go To Accident & Emergency



STOP!!



Worrying about the health of your child is part of being a parent. It is worth bearing in mind that with babies, lethargy, difficulty in waking, lack of responsiveness is a more worrying sign and suggestion of serious illness than crying or screaming.

Minor Ailment Scheme

The minor ailment scheme is aimed at providing medication if needed for patients currently exempt from prescription charges at your local pharmacy (not all pharmacies participate in this scheme), for the following problems:

| | | |
|--------------|-------------|------------------|
| Head Lice | Headache | Temperature |
| Earache | Cough | Nasal Congestion |
| Sore Throat | Cold or Flu | Hayfever |
| Constipation | Diarrhoea | |



You will need proof of your prescription exemption (an exemption card or your benefit book to prove you receive tax credit).

Medical Tips

All children experience ailments like colds and infections from time to time. These common ailments will not need a prescription and are rarely serious and can be treated by yourself or with advice from your pharmacist.

Rashes

Children can develop a rash as long as there are no other symptoms it is unlikely to be serious.

Nappy Rash

Symptoms: a red rash, not normally raised, in the nappy area

Nappy rash is caused by the irritating effect of urine and faeces coming into contact with the skin.

Treatment: treat rash with a cream or ointment from your pharmacist.

Leave nappy off wherever possible - exposing the skin to air will help healing.

Change nappy frequently

Heat Rash

Most children will have heat rash at some point.

Treatment: Lower temperature by moving away from heat. Remove their clothes and keep in cool room.

Eczema

Symptoms: dry, flaky, itchy skin. Skin can become red and sore, skin can crack or become weepy.

This is a skin condition which can range from mild to severe. It is not contagious. There is no cure for eczema but it can be treated and managed with the help of your GP.

Chickenpox

Symptoms: slight fever, stomach ache and feeling generally unwell.

One or two days later a flat red spotty rash will appear; it normally begins on the scalp, face and back. Itchy, watery blisters will follow.

Treatment: Cool baths without soap. Add a few tablespoons of bicarbonate of soda to bath water. Keep baby/child's finger nails short - this helps to prevent scratching which can lead to infection and scarring. Calamine lotion may relieve itching.

Children aged 3 months and over can be given children's paracetamol. Children over 12 months can be given ice lollies to help lower the temperature.

If your child is taking medicines such as steroids speak to your GP as this could cause complications.

MMR

Measles, mumps and rubella are rare because of the MMR vaccine but if children are unprotected then these diseases will become more common again and this puts all children at risk.

Measles

Symptoms: begins like a bad cold with a high temperature, tiredness, runny nose, sore eyes and a cough. Small white spots in the mouth and throat. A blotchy red rash then appears behind the ears, spreading to the face and body. The rash will last for up to seven days. At day four the child should begin to feel better.

If you suspect measles, speak to your GP.

Treatment: check temperature - children 3 months and over can be given children's paracetamol. Children with measles in their eyes will be sensitive to bright lights - reduce sunlight or electric lights. Clean away crustiness around the eyes with cotton wool and cooled boiling water. Cough medicines can help ease ticklish throats. Give your child plenty of fluids to avoid dehydration.

Mumps

Symptoms: swollen face and neck, slight fever. They may also complain of a dry mouth which will make chewing and swallowing uncomfortable.

Treatment: give plenty of drinks - fruit juices can make hurt sore mouths and throats. If swallowing is difficult give soup and mashed foods. A warm cloth applied to swollen glands can help ease pain. Children's paracetamol can be given to children aged 3 months and over

If high temperature persists or new symptoms develop speak to your GP for advice.

Rubella (German Measles)

Symptoms: slightly raised temperature, swollen glands on the back of the neck and base of the skull, pin head sized flat red spots.

Treatment: children's paracetamol for children aged 3 months and over.

The spots will last for about two days and need no treatment

Fever

A high temperature is a symptom of many common ailments for example colds, flu, chickenpox and earache. A child has a fever if the body temperature is 38 °C/100.4°F or more.

Treatment: give children's paracetamol for children aged 3 months and over or ibuprofen only for children aged 6 months and over regularly for 48 hours - read the instructions on the label for the right dose and how often it can be given.

Encourage your child to drink extra fluids - they need to drink double the usual amount to reduce the risk of dehydration and help reduce the temperature.

Children over 12 months can be given ice lollies. Make sure your child is not wearing too many clothes, if the home is at normal temperature the child can wear just a vest and nappy or pants. Reduce night time bedding to a light cotton sheet only. If the fever does not go away or other symptoms develop contact the GP for advice.

Colds and Flu

Symptoms: runny nose, sore throat, fever, aches and pains, phlegmy, sneezing or dry cough.

Treatment: give children's paracetamol for children aged 3 months and over or ibuprofen only for children aged 6 months and over regularly for 48 hours. Read the instructions on the label for the right dose and how often it can be given.

Give plenty of drinks - warm drinks can have soothing effect. Encourage your child to rest. Colds and flu are caused by viruses and antibiotics do not work on viruses so will not cure colds or flu. If symptoms are severe or last a long time then contact the GP for advice. If your child is short of breath or coughing up blood or large amounts of green or yellow phlegm then contact the GP for advice.

Coughs

Coughs are normally caused by colds or flu or throat infections

Treatment: Give extra fluids - warm drinks help to loosen chesty coughs. A warm lemon and honey drink can be soothing for a dry cough. Avoid smoky atmospheres. At night prop your child up in bed with extra pillows, if under one year of age prop a pillow under the head of the mattress to raise it, so they can sleep better.

Ear Infection

Symptoms: earache usually just on one side, congested cold, fever, frequent ear pulling or rubbing

Earache can be caused by tooth problems.

Treatment: give children's paracetamol for children aged 3 months and over or ibuprofen only for children aged 6 months and over regularly for 48 hours. Read the instructions on the label for the right dose and how often it can be given.

Place your child in upright position with pillows. A warm (not boiling) water bottle (wrapped in towel if no cover) placed over the ear may give some relief.

Antibiotics will not be given in the early stages of an ear infection but persistent or recurrent ear symptoms may need further treatment to avoid more serious problems.

Teething

Symptoms: irritability, dribbling, red inflamed gums, flushed cheeks, gnawing.

Treatment:

Give extra drinks of cool boiled water

Give something to bite on - teething ring (pop teething ring in the fridge gives extra soothing sensation)

The pharmacist will give advice on teething gel which can help to numb discomfort and inflammation on the gums

Children's paracetamol for children aged 3 months and over or ibuprofen only for children aged 6 months and over regularly for 48 hours - read the instructions on the label for the right dose and how often it can be given to relieve any discomfort

Colic

Symptoms: long periods of crying, sometimes going red in face and pulling up the legs to the tummy.

Colic attacks look very distressing but your baby will usually be otherwise well and once the spasm has passed will be back to normal.

Treatment: try soothing tricks - cuddling, rocking, burping

If colic persists ask your pharmacist to recommend a gripe water or colic drops.

Diarrhoea and Vomiting

Symptoms: vomiting, diarrhoea and tummy pains.

Treatment for diarrhoea: if they are otherwise well it is likely to settle in 24 hours. Give extra drinks. Avoid cow's milk until 24 hours after the diarrhoea has settled.

For older children avoid solid foods until appetite returns

Tip:

Fluid loss from the diarrhoea and vomiting can cause dehydration and babies can become ill very quickly if they do not have enough fluids. You can tell if your baby is dehydrated by lightly pinching the skin on the back of their hand; if the skin stays up it means they are dehydrated.

Treatment for vomiting:

Give sips of water or rehydration fluids for the first few hours - the pharmacist can give advice. Increase the amount of fluids every two hours.

Avoid solid foods - when the appetite returns start with bland foods like toast. If your child is not taking fluids contact the GP for advice.

If your child's temperature is 38 °C/100.4°F or more give children's paracetamol for children aged 3 months and over or ibuprofen only for children aged 6 months and over regularly for 48 hours - read the instructions on the label for the right dose and how often it can be given

If your child is in pain, especially continuous or the vomiting contains blood or brown soil like substances contact the GP for advice urgently

**With any condition, if the symptoms gets worse
or new symptoms develop, ask for advice
from your pharmacist, GP or NHS Direct.**



Useful Contact Names and Telephone Numbers

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| Health Visitor | 024 7637 8601 Riversley Park Centre, Clinic Drive | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Local Pharmacies | <table> <tr> <td>Boots (Market Place)</td> <td>024 7638 2127</td> </tr> <tr> <td>Boots (Arbury Road)</td> <td>024 7638 4364</td> </tr> <tr> <td>Boots (Coniston Way)</td> <td>024 7632 9991</td> </tr> <tr> <td>Boots (Cedar Road)</td> <td>024 7639 2394</td> </tr> <tr> <td>Botterills (Queens Road)</td> <td>024 7638 4837</td> </tr> <tr> <td>Deakins (Manor Court Road)</td> <td>024 7638 2479</td> </tr> <tr> <td>Garchays (Edward Street)</td> <td>024 7637 2104</td> </tr> <tr> <td>Kaslis (Tomkinson Road)</td> <td>024 7632 8144</td> </tr> <tr> <td>Listers (Attleborough Road)</td> <td>024 7634 5606</td> </tr> <tr> <td>Lloyds (Camp Hill Road)</td> <td>024 7639 2215</td> </tr> <tr> <td>Lloyds (Lutterworth Road)</td> <td>024 7634 6408</td> </tr> <tr> <td>Lloyds (Raven Way)</td> <td>024 7632 9806</td> </tr> <tr> <td>Pharmacy Republic (Edward St)</td> <td>024 7637 1119</td> </tr> <tr> <td>Primary Care Pharmacy (Coton Rd)</td> <td>024 7634 7816</td> </tr> </table> | Boots (Market Place) | 024 7638 2127 | Boots (Arbury Road) | 024 7638 4364 | Boots (Coniston Way) | 024 7632 9991 | Boots (Cedar Road) | 024 7639 2394 | Botterills (Queens Road) | 024 7638 4837 | Deakins (Manor Court Road) | 024 7638 2479 | Garchays (Edward Street) | 024 7637 2104 | Kaslis (Tomkinson Road) | 024 7632 8144 | Listers (Attleborough Road) | 024 7634 5606 | Lloyds (Camp Hill Road) | 024 7639 2215 | Lloyds (Lutterworth Road) | 024 7634 6408 | Lloyds (Raven Way) | 024 7632 9806 | Pharmacy Republic (Edward St) | 024 7637 1119 | Primary Care Pharmacy (Coton Rd) | 024 7634 7816 |
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| Boots (Cedar Road) | 024 7639 2394 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Botterills (Queens Road) | 024 7638 4837 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deakins (Manor Court Road) | 024 7638 2479 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garchays (Edward Street) | 024 7637 2104 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Primary Care Pharmacy (Coton Rd) | 024 7634 7816 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Out-of-hours/NHS Direct | 111 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Walk in Centre | 02476 390008 Ramsden Avenue, Camp Hill | | | | | | | | | | | | | | | | | | | | | | | | | | | | |