



Grazed knee.
Sore throat.
Cough.

Home-care

A lot of your child’s minor illnesses, such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated at home by using a well-stocked medicine cupboard and by getting plenty of rest.

Self-care essentials for children: paracetamol or ibuprofen, re-hydration mixtures, plasters and a thermometer. For more information visit NHS choices www.nhs.uk



Unsure?
Confused?
Need help?

NHS 111

NHS 111 is a free to call service which will help you when you need to access medical or dental health fast but it is not an emergency. It is available 24 hours a day, 7 days a week to help you access local urgent health care services.

Call 111 free from a landline or mobile.



Diarrhoea.
Runny nose.
Painful cough.
Headache.

Pharmacist (chemist)

Your local pharmacist is a highly trained healthcare professional, and can give you advice on common illnesses that your child might get, and the medicines you need to treat them.

Many pharmacies are open in the evening and at the weekend.



Unwell.
Vomiting more than once.
Ear pain.

GP (doctor)

If your child has an illness that won’t go away, make an appointment with your GP.

They provide a range of services by appointment, including medical advice, examinations and prescriptions.

For urgent GP out-of-hours just ring your GP’s normal number.

If you are worried about your child then always see a doctor. In an emergency dial 999 for an ambulance.

Please remember: always phone us each day if your child is sick: 020 8553 2479 choose option 1