

Go straight to the emergency department (A&E) or call 999 if your child:

- ▶ looks discoloured and spotty/blotchy (mottled), bluish or pale
- ▶ has no energy or difficult to wake
- ▶ feels abnormally cold to touch
- ▶ is breathing much faster than normal
- ▶ has a rash that does not fade when pressed
- ▶ has a fit or convulsion

Call NHS 111 or your GP to get urgent medical advice if your child:



LOOK

- is finding it hard to get their breath and is sucking their stomach in under their ribs
- has bright green, bloody or black vomit
- has not drunk anything for more than eight hours (when awake)
- has eyes that look sunken to you
- is quiet and lacking in energy, even when their temperature is normal



LISTEN

- makes a throaty noise while breathing
- is making 'grunting' noises with every breath
- can't say more than a few words at once (for older children who normally talk)
- is crying constantly and you can't comfort or distract them or their cry doesn't sound like their normal cry
- has obvious 'pauses' in their breathing



TOUCH

- is under eight weeks old and doesn't want to feed
- has not had a wet nappy or had a wee for 12 hours
- is under two years old and the soft spot on the top of their head (fontanelle) is bulging
- is floppy
- is hard to wake up, or appears confused



CHECK

- is under three months old and has a high temperature of 38°C or above
- is over three months old and has a high temperature of 38°C or above that doesn't come down 15-30 minutes after having paracetamol or ibuprofen
- is between three and nine months old and has a high temperature of 39°C or above
- is any age and has a low temperature below 36°C when checked three times in a 10 minute period

If you don't see any of these, look at the 'How to help your unwell child' booklet:  
Coughs and colds: page 3 Diarrhoea and vomiting: page 5  
Fever (high temperature): page 7 Ear problems: page 9 Rashes: page 11