



# Boloh

**Call the helpline for advice if you're unsure what to do when your child may have a chest infection.**

**There will be lots of coughs, colds and chest infections in young children this winter. Be prepared. Most children can be safely looked after at home, but sometimes they will need NHS support.**

Are you a Black, Asian or Minority Ethnic parent wanting to know more about chest infections? Would you like support to access the right health services?

Call us on **0800 151 2605**

<https://helpline.barnardos.org.uk>

Our helpline advisors can provide a service in English, Punjabi, Mirpuri, Polish, Luganda, Ruyankole, Rukiga, Rutooro and Kinyarwanda. Interpreters can be provided for other languages.

Find out more at: <https://what0-18.nhs.uk>

**If you're worried about your child's health trust your instincts**

## RED

### **If your child has any of the following:**

- Is going blue or purple around the lips, gums, fingernails or skin round the eyes.
- Has pauses in their breathing, has an irregular breathing pattern or starts grunting.
- A harsh breath noise as they breathe in, all of the time (even when they are not upset.)
- Too breathless to talk/eat or drink.
- Becomes pale, mottled and feels abnormally cold to touch.
- Becomes extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake).
- Develops a rash that does not disappear when a glass is pressed firmly against it.

### **You need urgent help.**

Go to the nearest Hospital Emergency (A&E) Department or phone 999

## AMBER

### **If your child has any of the following:**

- Is having to work hard to breath – drawing in of the muscles below their lower ribs, at their neck or between their ribs.
- A harsh breath noise as they breathe in, only when they are upset.
- Seems dehydrated (sunken eyes, drowsy or not passed urine for 12 hours).
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) – especially if they remain drowsy or irritable despite their fever coming down.
- Has extreme shivering or complains of muscle pain.
- Continues to have a fever of 38.0°C or above for more than 5 days.
- Is getting worse or if you are worried.

### **You need to contact a doctor or nurse today.**

Please ring your GP surgery or call NHS 111 – dial 111

We recognise that during the current COVID-19 crisis, at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, then consider taking them to your nearest ED.

## GREEN

### **If none of the above features are present:**

- Make sure that your child stays well hydrated by offering them lots of fluids. And closely monitor them for any signs of deterioration by looking out for any red or amber features.

### **Self care.**

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 – dial 111

If your child has any symptoms suggestive of COVID-19 (high temperature; new continuous cough – coughing a lot, for more than an hour or 3 or more coughing episodes in 24 hours; or loss of taste/smell) then arrange for your child to be tested via the NHS testing website or by calling 119. You and anyone in your support bubble must remain at home (isolate) until your child's test results are back.