


Signs relating to

Appearance	Breathing/Chest	Hydration	Temperature	
<ul style="list-style-type: none"> • Normal skin, lips and tongue colour • Responding normally/still smiling • Stays awake or wakes up easily • Normal cry or strong cry • Mild pain e.g. earache, tummy ache 	<ul style="list-style-type: none"> • Breathing normally with no wheeze • Mild cough or runny nose without affecting breathing 	<ul style="list-style-type: none"> • Baby feeding/child drinking as normal or slightly reduced • Sick, but drinking and keeping most fluids down • Diarrhoea for less than 2 days • Passing urine, normal colour or slightly darker than usual 	<ul style="list-style-type: none"> • Mild temperature raised up to 38°C (101° F) but controlled if Paracetamol is given. Seek advice if temperature continues for 3-5 days. 	<p>GREEN - CARE AT HOME</p> <ul style="list-style-type: none"> • Your local pharmacist or NHS 111 can give advice • Check www.nhs.uk • Consider Paracetamol • Encourage rest and drinks, even if only in small amounts 
<ul style="list-style-type: none"> • Child becoming worse/parents more concerned • Less activity/more sleepy than usual • Change in normal behaviour/ not acting in usual manner • Irritable/no smile • Pain e.g. persistent severe earache, severe tummy ache - seek advice • Mild/moderate allergic reaction - seek advice 	<ul style="list-style-type: none"> • Noisy breathing/ wheezy/fast breathing/ nasal 'flaring' 	<ul style="list-style-type: none"> • Drinking less than half of usual amounts/vomiting most feeds • Less wet nappies than usual/less urine or darker concentrated urine • For babies under 1 year - sick more than 3 times in 24 hours, diarrhoea 6 times in 24 hours • For over 1-year olds - diarrhoea for longer than 2 days 	<ul style="list-style-type: none"> • Over 3 months - temperature over 39°C (102° F) • Persistent temperature for more than 3-5 days or not controlled by paracetamol - seek advice 	<p>AMBER - GP/NHS 111</p> <ul style="list-style-type: none"> • Phone your GP for advice and decision - this may be by telephone/video or face to face • Call GP/NHS 111 if concerned • If worried, always seek advice 
<ul style="list-style-type: none"> • Collapse/unresponsive • Hard to wake/floppy or listless • Mottled blue or ashen skin • Fitting (seizure) without \ temperature • Severe allergic reaction/ anaphylaxis • Rash that does NOT disappear under pressure - (glass test) • Neck stiffness • High pitched, weak or continuous cry • Bile stained sick (green) • Bulging fontanelle (soft spot) 	<ul style="list-style-type: none"> • Severe difficulty in breathing • Grunting/very fast breathing/ sucking in and out between ribs • Breathless - unable to talk in sentences 	<ul style="list-style-type: none"> • Sunken fontanelle (soft spot) • Very little urine/dry nappies 	<ul style="list-style-type: none"> • 0-3 months - temperature over 38o C (101o F) • Over 3 months - temperature over 39° C (102° F) and/or cold hands or feet • Any child with a temperature below 36° C (97° F) • Any child with a high temperature and fitting (seizure) 	<p>RED - URGENT HELP REQUIRED</p> <ul style="list-style-type: none"> • Take your child to your nearest A&E department • CALL 999 FOR BREATHING DIFFICULTIES OR A NON-BLANCHING RASH (rash that does not fade and lose colour under pressure—glass test)/collapse 