

Self-care...

Coughs and colds

Coughs and colds will normally get better by themselves. Antibiotics will not help. To treat the symptoms yourself:

- ▶ Talk to your local pharmacist about suitable medicines that can be bought over the counter
- ▶ Drink plenty of fluids
- ▶ Keep warm and get plenty of rest
- ▶ Sneeze and cough into a tissue, then bin it
- ▶ Wash your hands using warm water and soap.

Fever

As a general rule in children, a temperature over 37.5°C is a fever. If your child has a fever, it's important to:

- ▶ Give them plenty of cool water to drink
- ▶ Keep them and their room cool
- ▶ Give them paracetamol and/or ibuprofen.

Seek urgent medical attention if your child:

- ▶ Is under three months of age and has a temperature of 38°C or above (above 39°C for age three to six months)
- ▶ Is over six months and shows other signs of being unwell.

Diarrhoea

Diarrhoea will usually go away without treatment. It spreads easily. To ease your symptoms:

- ▶ Drink plenty of fluids (avoid fruit juice and fizzy drinks)
- ▶ Stick to a diet of small, light meals that are easy to digest, and avoid fatty or spicy food. Try soup, rice, pasta or bread
- ▶ Keep hands clean by washing with warm water and soap.

When to see your GP:

- ▶ When diarrhoea in adults lasts more than a few weeks, especially if you have blood or mucus in your faeces.
- ▶ If your baby or child has had six or more episodes of diarrhoea in 24 hours.
- ▶ If your child shows signs of dehydration such as: appearing to get more unwell, being irritable or drowsy, passing urine infrequently, pale or mottled skin or cold hands and feet.



Minor burns and scalds

Burns can be caused by certain chemicals, electricity and friction as well as direct contact with something hot. A scald is a burn that is caused by a hot liquid or steam.

- ▶ Remove any clothing or jewellery that is near the burnt skin but do not remove anything that is stuck to the burnt skin as this could cause more damage.
- ▶ Cool the burnt area by placing it under cool or lukewarm running water for 10 - 30 minutes. Do not use ice, iced water or any creams or greasy products.
- ▶ Make sure the person who has been burnt keeps warm, using a blanket or layers of clothing (avoiding the injured area)
- ▶ Use painkillers such as paracetamol or ibuprofen to treat the pain. Always check the manufacturers' instructions.

When to get medical attention:

- ▶ If the burn is more severe
- ▶ If the burn was caused by chemicals or electricity.

NHS choices
your health, your choices

NHS Choices is an online service giving you all the information you need to make choices about your health. Visit www.nhs.uk

Bumps and bruises

A bump will often not require any treatment but the pain can be sharp and is usually short lived with no lasting effects. Often a bump leads to bruising. Below are some tips for the bruising:

- ▶ Use a cold flannel (soaking the cloth with cold water) or ice pack (but don't put directly onto the skin) to help reduce swelling and to cool the area for at least 10 minutes.
- ▶ You can make your own ice pack for you or your child by wrapping a pack of frozen veg, such as peas, in a tea towel.

When to see your GP:

- ▶ If your bruise is still there after two weeks
- ▶ If you suddenly get lots of bruises or start to get bruises for no obvious reason.

GP...

Visit your GP for:

- ▶ Advice on health problems
- ▶ Examinations and treatments
- ▶ Immunisations
- ▶ Prescriptions for medicines
- ▶ Referrals to other health services and social services.