

Self care

For coughs and cold, sore throats, grazed knees and elbows and mild tummy aches.

Lots of conditions can be treated at home – in fact that's the best place for your child.

A major part of helping your child to recover from minor illness is to get them to rest and drink plenty of fluids. Plan ahead by stocking up on essentials, including liquid paracetamol or ibuprofen, a thermometer, antiseptic cream and plasters. Do not give aspirin to a child under 16.

NHS 111

If you are not sure how to deal with your child's medical condition, NHS 111 is a great place to start.

You can get free round-the-clock medical information, confidential advice and reassurance.

Health advisors will ask you questions and give advice on what to do and where to go next.

You can also see a GP outside of usual opening hours by calling 111. Ask to be put in touch with 'GP Out of Hours'.

Dental care

If you have concerns about your child's teeth, including dental pain, contact a dentist. NHS 111 can help you find your nearest dentist or the nearest emergency dental service.

Pharmacists

For diarrhoea, constipation, skin irritations and mild fever

Many of your child's medical problems can be treated by health professionals at your local pharmacy.

Pharmacists give expert, confidential advice and treatment. Best of all there is **no need for an appointment.**

GP

For high temperatures, persistent coughs and ear aches, eczema, severe tummy aches, vomiting and diarrhoea.

Your GP is the first port of call for your child for non-urgent illnesses and injuries that won't go away. Many GPs are open longer hours, including weekends and evenings and they can offer emergency appointments for urgent cases.

GP appointments are available at your practice or with a nearby GP. Contact your practice or visit www.nhs.uk/GPAccess for more information.

Walk in services

For cuts, minor infections, rashes, a suspected break or fracture.

If it's not an emergency, but your child needs medical attention quickly, call NHS 111 for an urgent clinical assessment, or for details of your nearest urgent care centre, walk-in centre or minor injuries unit.

You don't need to make an appointment at an urgent care centre and your child will be seen much more quickly than at A&E. Visit www.myhealth.london.nhs.uk for details or call NHS 111.

A&E

For blacking out, suspected meningitis, choking, fitting, struggling to breathe, and bleeding that won't stop.

Hospital A&E provides urgent treatment for serious, life-threatening conditions. You should take your child to A&E yourself if possible but if your child is too ill, dial 999 for an ambulance.

For more information on local services, visit www.myhealth.london.nhs.uk and search for a service.

