

What to do if your child is unwell over winter

Treat them at home

Make sure you have self-care essentials, including: a thermometer, plasters, child-friendly paracetamol, antiseptic cream, ice-pack and antihistamines.

Check out the advice on the Health For Under 5s winter wellness hub or the NHS website.

Get their jabs

Immunisations help to protect against flu, measles, RSV meningitis and whooping cough .

Keep hands clean and bin tissues

Washing hands regularly and using tissues helps to prevent the spread of germs.

Practice healthy lifestyle habits

Eating a balanced diet, taking part in regular exercise, and getting enough sleep are the best ways to keep all the family healthy.

Know where is best to get help

- Get support on illnesses such as bad coughs, earache and diarrhoea, at your local pharmacy. If symptoms don't improve or you're worried, contact your GP.
- Get advice from a health visitor or school nurse by calling The Healthy Together Helpline on 0300 300 3001.
- If you need help with an urgent medical problem, contact NHS 111.
- If there is an emergency go straight to A&E. Call 999 if a life is in danger.

For more information and advice visit the Health for Under 5s winter wellness hub on bit.ly/WinterHealth0-5 or scan the QR code.



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