

What should I do if my child has a respiratory illness?

We're seeing an increase in respiratory illnesses at the moment. Many of these illnesses, like bronchiolitis are caused by a virus called respiratory syncytial virus or RSV. Most cases are mild and clear up within 2 to 3 weeks without the need for treatment. But we know it's a worry if your child is unwell so use this guide to help care for them. If in doubt contact NHS111.

If your child has none of the symptoms described in the amber and red boxes below:



GREEN

SELF CARE

Most children can be cared for at home in the same way that you'd treat a cold. Make sure your child gets enough fluid to avoid dehydration.

You can give infants paracetamol or ibuprofen to bring down their temperature if the fever is upsetting them.

The infection usually clears up within 2 weeks without the need for treatment. If you feel you need advice, visit www.nhs.uk You can also contact your Health Visitor, your local pharmacy, GP surgery or contact NHS111



AMBER

If your child has any of the following:

Laboured or rapid breathing

Dehydration (sunken eyes, drowsy or not passed urine for more than 12 hours)

A persistent high temperature of 38°C or above

Seems very tired or irritable

Or if you're worried about your child



**SEEK MEDICAL
ADVICE TODAY**

**Ring your GP surgery or
contact NHS111**



RED

If your child has any of the following:

Pauses in their breathing, irregular breathing pattern or starts grunting

Severe difficulty in breathing – too breathless to feed

Tongue or lips are blue



SEEK URGENT HELP

**Phone 999 or visit your
local A&E**