



Your guide to staying well this winter

The best way to avoid getting ill this winter is to get vaccinated.

Vaccines are important as they protect you and others from harmful diseases.

Stay protected: get your flu and COVID-19 vaccines



- Flu and COVID-19 can make you very sick.
- Getting vaccinated helps protect you and others.
- It's **quick, safe, and free** for those who need it.
- Ask your pharmacist, GP surgery, or visit [nhs.uk](https://www.nhs.uk) to book your vaccines.



**Protect yourself and others
– get your vaccines today!**

For more information scan the QR code or visit:
[nhs.uk/live-well/seasonal-health/keep-warm-keep-well](https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well)



Scan me

Advice for Parents

As a parent you have great instincts, please do use them.



If you feel that your child is unwell, or you are unable to care for them, seek medical help. This could be your local pharmacist, NHS 111, GP, an urgent treatment centre (UTC) or A&E.

Signs relating to:

Appearance	Breathing/Chest	Hydration	Temperature	Patient access?
<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 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. Fewer 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 children 1 and over - 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 a 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 38°C (101°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.

Pharmacy First

Pharmacies can provide advice and NHS-funded treatment for the following seven common illnesses without needing a GP appointment:



- 1 Sinusitis (12 years and over).
- 2 Sore throat (5 years and over).
- 3 Ear infection in children (1-17 years).
- 4 Infected insect bite (1 year and over).
- 5 Impetigo (1 year and over).
- 6 Shingles (18 years and over).
- 7 Urinary tract infection (women aged 16-64 years).

Ask your local pharmacy for more information about eligibility.