

If your child is ill or injured, choose from the services below:

Children can recover from illness quickly but also can become more poorly quickly. It is important to seek further advice if a child's condition gets worse.



**Grazed knee.
Sore throat.
Cough.**

For wear and tear, minor trips and everything in between.

Self Care: You can treat your child's very minor injuries and illnesses at home. Some illnesses can be treated in your own home with support and advice from the services listed below when required, using the recommended medicines and getting plenty of rest.



**Unwell?
Unsure?
Confused?
Need help?**

Are you unsure if your child is unwell and needs help?

NHS 111: NHS 111 offers confidential 24-hour health advice and information which you can access by phoning 111. You will also be able to access out of hours GP appointments.



**Mild diarrhoea.
Mild skin irritations.
Mild fever.**

Do you need advice?

Pharmacist: Your local pharmacist can suggest medicines for your child, and offer advice on common illnesses like cold symptoms (runny nose, cough or sore throat) and skin irritations, without the need for an appointment. Many pharmacists have longer daily opening hours than GP surgeries, and some are open at weekends.



**High temperature.
Cold symptoms.
Tummy pain.
Dehydration.
Headache.**

Does your child need to see a GP or nurse?

GP Surgery: Your GP surgery should be your first port of call for non-urgent, on-going illnesses or injuries. Many GPs are open longer hours now - including early morning, late evenings and Saturdays and offer emergency appointments for urgent cases. To access the GP Out of Hours service parents need to phone NHS 111.



**Minor burns.
Sprains.
Cuts.**

Does your child have a minor injury?

Minor Injury Units: These are convenient and waiting times are often low. You don't need to make an appointment and you'll be seen by doctors and nurses in a calm, relaxed setting. The nearest minor injury unit is the Princess of Wales Community Hospital in Bromsgrove. It's open 8am to 8pm (Monday to Friday) and 12pm to 8pm (Saturdays and Sundays). Last appointments are at 7.30pm. X-ray service open 9am to 5pm (Monday - Friday).



**Choking.
Loss of consciousness.
Fitting.
Broken bones.**

Does your child need urgent medical attention?

A&E or 999: Choose A&E or 999 if your child is experiencing any serious or life-threatening symptoms of injury or illness. These also include severe breathing difficulties, tummy pain that is not getting better or a very high temperature.