

MANAGING MINOR AILMENTS

Condition	What parents should do. Guidance from NHS Direct Healthcare Guide.
Coughs, colds and flu	Self-care with advice from your pharmacist.
Vomiting	<p>If your child has been vomiting for more than one day, they have a fever, there is severe pain or the vomit is brown or has blood in it call NHS Direct on 0845 4647.</p> <p>Otherwise self-care with advice from your pharmacist.</p>
Diarrhoea	<p>If your child has had diarrhoea more than three times in the last 24 hours, has a fever, is also vomiting and not keeping fluids down or if there is blood in the diarrhoea then call NHS Direct on 0845 4647.</p> <p>Otherwise self-care with advice from your pharmacist.</p>
Fever	<p>If your child is under one year old, they have difficulty breathing, they are difficult to wake, not taking down fluids, or complaining of the light hurting their eyes call NHS Direct on 0845 4647.</p> <p>Otherwise self-care with advice from your pharmacist.</p>
Ear infections/ earache	<p>If your child has injured their ear or stuck something in it, is very distressed with pain that has not been helped by painkillers, has yellow or blood-stained liquid coming from their ear or you think their symptoms are getting worse call NHS Direct on 0845 4647.</p> <p>Otherwise self-care with advice from your pharmacist.</p>
Head lice	Self care with advice from your pharmacist.
Worms	Self care with advice from your pharmacist.