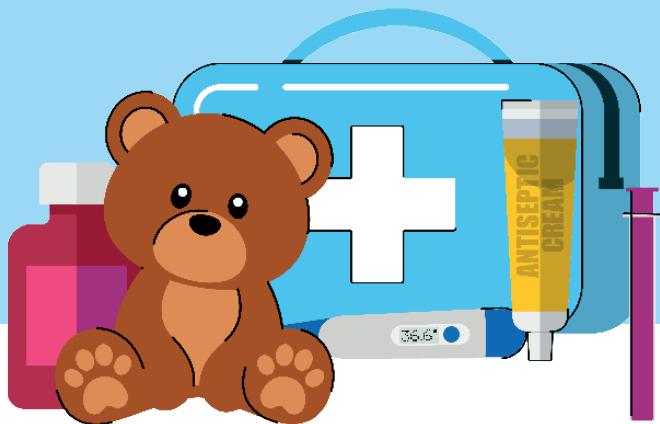




**NHS**

Greater Manchester



**Information for  
parents and carers of  
little ones under 5**

**This leaflet has information and advice on how to manage common illnesses in babies and young children.**

## **Pharmacy**

- Expert advice on minor illnesses
  - plus over-the-counter medicines.
- Prescription medicines for some conditions
  - without a GP appointment.

## **GP practice**

- Some illnesses can be tricky to deal with at home - or you may need help after a few days.
- The GP out of hours service is there when your practice is closed. Call your practice for details.

## **Urgent treatment centre / walk-in centre**

- For urgent medical help when it's not an emergency.
- You don't need an appointment.

## **A&E**

- For serious or life-threatening health conditions.
- People who are seriously unwell will be seen first.
- Contact a pharmacy, your GP practice, or NHS 111 before going to A&E.

# NHS 111



**If you're not sure what to do or where to go, NHS 111 can help. It's available 24/7, 365 days a year.**

NHS 111 can tell you where to go AND book you a time slot (if needed). So, there's less waiting when you get there.

**To use British Sign Language go to:**

<https://signvideo.co.uk/nhs111>

**If you have hearing problems, call:**

18001 111 using the Relay UK app or a textphone.

**For help in other languages:**

Call 111 and ask for an interpreter.

**Call 111 (calls are free) or go to  
[www.111.nhs.uk](http://www.111.nhs.uk) for over 5 years.**

# High temperature (fever)

## Good to know:

A fever is very common in young children, it's the body's natural response to fighting infections like coughs and colds, and will usually return to normal within 3 to 4 days.

## Things you can do:

- Encourage them to rest and drink plenty.
- Don't wrap your child up.
- Give children's paracetamol or ibuprofen (check packaging/leaflet for age restrictions)
- Check their temperature (use a digital thermometer if possible).
- Keep them away from school and nursery.
- Check for any rashes and signs of dehydration.

## Contact your GP practice or call NHS 111 if your child:

- Is under 3 months and has a temperature over 38°C.
- Is older than 3 months and has a temperature above 39°C.
- Has a fever for 5 days or more and other signs of illness, such as a rash.
- Is dehydrated – such as nappies that are not very wet, sunken eyes, and no tears when they're crying.

# Coughing

## Good to know:

Most coughs are caused by a virus, so antibiotics won't help. If your child is feeding/eating, drinking, and breathing normally, a cough is usually nothing to worry about.

## Things you can do:

- Encourage them to rest and drink plenty
- Try a warm lemon juice and honey drink (over 1 year only).
- Keep them at home if they have a high temperature.

## Contact your GP practice or call NHS 111 if your child:

- Has a cough that lasts longer than 3 weeks.
- Has a cough that continues for a long time, especially if it's worse at night or brought on by physical activity.
- Has a high temperature (38°C or more).
- Is wheezing.

# Croup

## Good to know:

Children usually start with cold-like symptoms, then signs of croup come on after a few days. Croup is caused by a virus - antibiotics won't help - and usually gets better within 48 hours.

## Symptoms:

- A barking cough.
- A hoarse voice.
- Difficulty breathing.
- A high pitched, rasping sound when breathing in.

## Things you can do:

- Sit your child upright - try not to let them lie down.
- Encourage them to drink plenty of fluids.
- Give children's paracetamol or ibuprofen.
- Keep them at home for 48 hours.

## Ask for an urgent GP appointment or call NHS 111 if your child:

- May have croup.
- Is no better or is getting worse.

# Tonsillitis

## Good to know:

Tonsillitis usually gets better on its own after a few days, but it can last longer. It's usually caused by a virus - antibiotics won't help.

## Symptoms:

- Painful, swollen glands.
- A sore throat, possibly with pus filled spots or white patches.
- A high temperature.
- A cough, headache and/or earache.
- Feeling sick and/or being sick.

## Things you can do:

- Encourage your child to rest and drink plenty.
- Give children's paracetamol or ibuprofen.
- Ask a pharmacist about over-the-counter medicines.

## Contact your GP practice or call NHS 111 if your child:

- Has symptoms that last more than a week.
- Keeps getting throat infections.
- Has pus-filled spots on their tonsils.
- Is struggling to eat and drink.

# Earache

## Good to know:

Earache in children is usually caused by a virus and will improve after a few days.

## Symptoms:

- Rubbing or pulling at their ear.
- A temperature of 38°C or above.
- Losing their balance.

## Things you can do:

- Place a warm or cold flannel on the ear.
- Talk to a pharmacist about over-the-counter medicines or medicine without a GP appointment (1 year and over).

## Contact your GP practice if your child:

- Has earache for more than 3 days.
- Keeps getting earache.

## Ask for an urgent GP appointment or call NHS 111 if your child has:

- A very high temperature.
- Swelling around their ear.
- Fluid coming from their ear.
- Hearing loss or a change in hearing.
- Something stuck in their ear.
- Earache in both ears and is under 2 years.



# Measles

## Good to know:

Measles is caused by a virus - antibiotics won't help. It usually starts to get better in about a week. The number of people catching measles is rising. The best way to prevent measles is 2 doses of the MMR (measles, mumps and rubella) vaccine. Speak to your GP if your child hasn't had theirs.

## Symptoms:

- Measles usually starts with cold-like symptoms, followed by a rash a few days later.
- The spots are sometimes raised and join to form blotchy patches. They're not usually itchy.

## Things you can do:

- Encourage your child to rest and drink plenty.
- Give children's paracetamol or ibuprofen.
- Use cotton wool and warm water to remove crusts from your child's eyes.
- Keep them at home for at least 4 days from when the rash appears.

## Ask for an urgent GP appointment or call NHS 111 if your child:

- May have measles.
- Is under 1 year old and has been in contact with someone who has measles.

- Has a high temperature that has not come down after taking children's paracetamol or ibuprofen.
  - Is having difficulty breathing.
  - Is not feeding/eating well or having less fluids.
  - Is weeing less than usual.
- 

## Rashes

### **Good to know:**

Many things can cause a rash in babies and children - they're often nothing to worry about and will go away on their own.

### **Contact your GP practice if your child:**

- Has a rash of small, raised bumps that feels rough, like sandpaper – plus a high temperature.
- Has sores or blisters on their skin that burst and leave crusty, golden-brown patches.
- Has itchy, dry and cracked skin.

### **Ask for an urgent GP appointment or contact NHS 111 if your child:**

- Has a rash you're worried about.
- Is under 3 months old and has a temperature of 38°C or higher.
- Is aged 3 months or older and has a temperature of 39°C or higher.

# Call 999 or go to A&E if your child has:

- Pale, blotchy skin which feels unusually cold.
- Difficulty breathing with wheezing or grunting or you see their tummy sucking under their rib cage.
- A fit or seizure.
- Is sleepy all the time and difficult to wake-up or not responding even when awake.
- Has a rash that does not disappear when a glass is lightly pressed against the skin.
- Shrill crying.
- Persistently being sick or having diarrhoea and not drinking.

Also, seek help from a GP if your child has had dry nappies, or not had a wee, for 18 hours.



If you would like this information in another format, or translated into a different language, please email [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

如果您希望以其他格式获得此信息，或将其翻译成其他语言，请发送电子邮件至 [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

Jeżeli chciał(a)byś otrzymać te informacje w innym formacie lub w innej wersji językowej, prześlij wiadomość na adres [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

Pour obtenir ces informations dans un autre format ou dans une autre langue, veuillez adresser un e-mail à [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

إذا كنت ترغب في هذه المعلومات بتنسيق آخر، أو مترجمة إلى لغة أخرى، يرجى إرسال رسالة بالبريد الإلكتروني إلى [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

ਜੇਕਰ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਕਸਿ ਹੋਰ ਫਾਰਮੈਟ ਵਾਂਗ, ਜਾਂ ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਾਂਗ ਅਨੁਵਾਦ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਯਾ ਕਰਕੇ [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net) 'ਤੇ ਈਮੇਲ ਕਰੋ

اگر کسی اور فارمیٹ، میں یا کسی اور زبان میں ترجمہ شدہ آپ کو یہ معلومات چاہیے، تو براہ کرم پر ای میل [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

Haddii aad rabto in aad macluumaadkan ku hesho qaab kale, ama lagu soo turjumo luqad kale, fadlan farriin iimayl u dir [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

Dacă doriți aceste informații în alt format sau traduse într-o altă limbă, vă rugăm să trimiteți un e-mail la [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

আপনি যদি এই তথ্যটি অন্য ফর্ম্যাটে বা অন্য ভাষায় অনুবাদ করতে চান, তাহলে অনুগ্রহ করে এখানে ইমেলে করুন [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

Si desea recibir esta información en otro formato o que se traduzca a otro idioma, envíe un mensaje a la dirección [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net)

All information is correct at the time of going to print - June 2025.

**Part of** Greater Manchester  
Integrated Care Partnership



**Greater Manchester**