

# If you are unsure ring

# 111

## Parent Advice

(to be filled in by health care professional)

## Pharmacy

**Visit your pharmacist if your child is ill, but does not need to see a GP.**

**A pharmacist is a highly trained healthcare professional who can suggest medicines for your child.**

## Useful information

**Do not wrap your child up warm**

**Do not share your bed with your child**

**If you are breastfeeding continue**

**If you smoke go outside**

**Visit NHS Choices at [www.nhs.uk](http://www.nhs.uk) for more information**

My GP Practice .....

Tel Number .....

My Health Visitor .....

Tel Number .....

# 0-5 MINOR ILLNESS GUIDE - **NOT TO BE USED IN CASES OF ACCIDENT AND INJURY**

Does your child look to be suffering from a life threatening illness **Yes Dial 999**

**SELECT YOUR CHILDS SYMPTOMS AND FOLLOW THE ADVICE SHOWN**

