# What to do if your child is unwell

## Care at home

- **Fever** – children's paracetamol can bring down a high temperature.
- **Vomiting or diarrhoea** – give your child regular sips of water. Avoid solid foods.
- **Ear infection** – ease pain with children's ibuprofen or paracetamol. Antibiotics won't help in most cases.
- **Mild stomach ache** – lay quietly, offer sips of water and avoid solid foods for a while.

## Pharmacy

- **Sore throat** – ease discomfort with children's paracetamol.
- **Cough or cold** – rub decongestant on chest and try a warm honey and lemon drink (aged 1+). Colds should clear up in 5-7 days.
- **Chicken pox** – antihistamines or calamine cream may help with itching.
- **Sticky eyes** – Gently clean eyelids with cooled boiled water and cotton wool. Eye drops from a pharmacist may help.

## Your GP

- High fever which isn't coming down?
- Symptoms that won't go away or get worse?
- Worried about your child's health?

or go to **www.westhertsmedicalcentre.nhs.uk**

Need urgent health advice and don't know where to go? Open 24/7 and all calls are free. Find advice online at **www.nhs.uk**

## Call NHS 111

## Minor Injuries Unit

No appointment needed
Cuts, bumps, bruises and sprains
Broken bones
Scalds or burns

Located in **Bishop's Stortford**, **Cheshunt** & **St Albans**

## Urgent Care Centre

Open 24/7 at **Hemel Hempstead Hospital** and the **QEII Hospital, Welwyn Garden City.**
No appointment needed. Treats all minor injuries and you can also see a GP for minor illness.

- Choking
- Seizure or fit
- A rash that doesn't fade when a clear glass is pressed firmly against it
- Fainting
- Bleeding heavily

## Call 999

# Find your local NHS service

## Hemel Hempstead

**Urgent Care Centre**

**Hemel Hempstead Hospital**
Hillfield Road
Hemel Hempstead HP2 4AD
Open 24 hours every day
X-rays 9am-10pm

## St Albans

**Minor Injuries Unit**

**St Albans City Hospital**
Waverley Road
St Albans AL3 5PN
Open 9am-8pm every day
except Christmas Day
X-rays 9am-5pm, Monday to Friday
Can only treat children aged over 2 years

## Welwyn Garden City

**Urgent Care Centre**

**New QEII Hospital**
Howlands
Welwyn Garden City AL7 4HQ
Open 24 hours every day
X-rays 8am-11pm

## Watford

**A&E/emergency department**

**Watford General Hospital**
Vicarage Road
Watford WD18 0HB
Open 24 hours every day

## Stevenage

**A&E/emergency department**

**Lister Hospital**
Coreys Mill Lane
Stevenage SG1 4AB
Open 24 hours every day

## Cheshunt

**Minor Injuries Unit**

**Cheshunt Community Hospital**
King Arthur Court
Cheshunt EN8 8XN
Open 8am-8pm every day
X-rays 9am-6pm, Monday to Friday
11am to 2pm on weekends and bank holidays
Can only treat children aged over 1 year

## Bishop's Stortford

**Minor Injuries Unit**

**Herts and Essex Community Hospital**
Haymeads Lane
Bishop's Stortford CM23 5JH
Open 9am-4:30pm Monday to Friday
Closed on bank holidays
Can only treat children aged over 2 years

**Urgent Care Centre or Minor Injuries Unit**

**A&E/ emergency department**

**Unsure which urgent NHS service is right for you?**
**Call NHS 111, free.**
**For other NHS services near you, go to www.nhs.uk**

CALL 111