GET TO KNOW WHERE TO GO

NHS
Greater Manchester

For little ones and their families

3 STEPS
to keep healthy and safe this winter

Colder days and darker nights can take a toll on your child's health and wellbeing, but there are some easy steps you can take to look after them at home.

During this difficult winter of rising prices, it's also important you seek help if you need it to pay bills and buy food.

Step 1

Be prepared - are you stocked up & up to date?

Get your Winter first aid box ready

Use a small box to store items which will help you look after your child at home if they become ill.

Include a bottle of infant or children's paracetamol (Calpol) or Ibuprofen and a thermometer for testing your child's temperature, so you're ready to come to their rescue at short notice - usually in the middle of the night!

Also, pop-in some plasters, bandages and antiseptic cream like Savlon for any little accidents at home.

Childhood vaccinations

Measles, mumps and rubella can all have serious consequences for your child. Check your child is up to date with their vaccinations by looking in your child's red book or contacting your GP if you need to catch up.

You can find more information on this webpage by scanning this QR code.

Step 2

Find out about common illnesses

Bronchiolitis is a common viral infection which affects 1 in 3 children under two.

Early symptoms are similar to a common cold, but can develop into a dry persistent cough, dry nappies, a fever or hot to touch, too tired or breathless to feed, and a wheezing (rasping noise when breathing).

You can look after your child at home by:

- Giving them fluids to drink little and often
- Keeping them cool and in a well-ventilated room (16-20°C is fine)
- Giving them paracetamol (Calpol) if their temperature is high. A normal temperature in babies and children is about 36.4C, a high temperature (fever) is 38C+ (both can vary from child to child).

Remember 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 three or four days (there is more information on fever on the following page).

Bronchiolitis often clears within two weeks without antibiotics, but if your child's symptoms are getting worse or your child is feeding around half the usual amount and has dry nappies, contact your GP.

You can find more information on this webpage by scanning this QR code.

Strep A and fever

Group A streptococcus (GAS) bacteria is common - lots of us have it in our throats and on our skin.

It doesn't always make us ill, but it can cause infections including scarlet fever. Look out for symptoms in your child:

- Sore throat
- Headache
- Fever
- A fine, pinkish or red rash with a sandpapery feel

Contact NHS 111 or your GP if you suspect your child has scarlet fever.

You can find more information on this by scanning this QR code.

Fever

A normal temperature in babies and children is about 36.4C, a high temperature (fever) is 38C+ (both can vary from child to child).

If your child has a high temperature, they might feel hotter than usual when you touch their back or chest, feel sweaty, look or feel unwell.

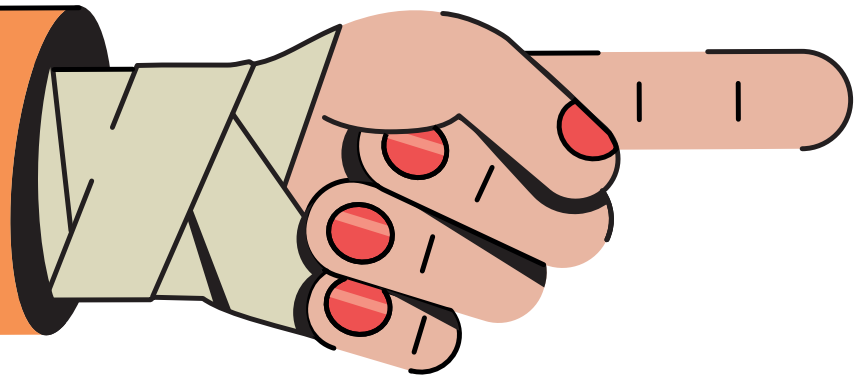
A fever is very common in young children, it's the body's natural response to fighting infections like coughs and colds, and will usually return to normal within three or four days.

A fever is likely to need urgent medical advice, from a GP or NHS 111, when:

- The child is under 3 months old and has a temperature of 38C+
- The child is is 3 to 6 months old and has a temperature of 39C+
- Other signs of illness, such as a rash, as well as a high temperature are present
- The high temperature has lasted for 5 days or more
- The child does not want to eat, or is not their usual self
- The temperature has not come down with paracetamol
- The child is dehydrated – such as nappies that are not very wet, sunken eyes, and no tears when they're crying

If you feel your child's symptoms are getting worse, trust your instincts – contact NHS 111 or your GP.

Step 3



Seek help if you are worried about money

If you're worried about paying your bills or buying food, it's important for both you and your family that you get help.

The best place to start is Citizen's Advice, a national charity which can offer free help online, over the phone or in person.

They can check you are receiving all the support you are eligible for, including benefits and access to free or discounted foods or vitamins for your children.

Find more information online visit **www.citizensadvice.org.uk** or call 0800 144 8848.

Support with meals

You can find foodbanks across Greater Manchester. Visit **https://www.gmmh.nhs.uk /food-banks**

FREE food and vitamins

You may qualify for a Healthy Start Card if you have a child under four, are 10 weeks pregnant or more and are on Universal Credit.

This helps you get free milk, formula milk, fruit, vegetables and vitamins.

Find out more at **https://www.healthystart.nhs.uk**

Extra payments to help with the cost of living

If you need extra payments to help with the cost of living, or get certain benefits or tax credits:

Visit www.gov.uk/guidance/ cost-of-living-payment

More steps you can take to keep healthy and safe this winter

Cold weather can make some health problems worse, especially those more vulnerable like our little ones.

For general help and advice on how to stay well over winter visit

www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well

Safest room temperature for babies

Make sure your baby is not too hot or cold. The room temperature should be 16-20°C, with light bedding or a lightweight, well-fitting baby sleep bag and no hats or duvets.

The Lullaby Trust website has a lot of useful information about making your baby safe and comfortable. Visit **www.lullabytrust.org.uk**

Support during pregnancy, birth and parenthood

Get trusted NHS advice on lots of different subjects, from feeding to playing with your child. Visit **www.nhs.uk/start4life**

Check your child is fully-protected!

Check with your GP if your child is up-to-date with their vaccinations, including flu and COVID.

Get to know where to go

If your child starts to feel unwell this winter, you can seek help from:

- A pharmacy for advice on minor illnesses
- Your GP – either online, on the phone or in person
- NHS 111 - 111 online is for people aged 5 and over.

  Call 111 if you are not sure what to do and need help for a child under 5.

If your child has any of the symptoms below, go to your nearest emergency department or call 999 for an ambulance.

- Pale, blotchy skin which feels unusually cold
- Difficulty breathing, with wheezing or grunting
- 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 (this cry is a loud, high sound that you make when you feel a strong emotion such as fear or pain)
- Persistently being sick or having diarrhea and not drinking

Also, seek help from a GP if your child has had dry nappies, or not had a wee, for 12 hours.

NHS
Greater Manchester

If you require this information in alternative formats please contact us on 0161 742 6023 (during office hours) and we will make arrangements for you.

NHS Greater Manchester
4th Floor, Piccadilly Place, Manchester, M1 3BN
www.gmintegratedcare.org.uk

3 steps H

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Heading H2

For little ones and their families (H3)

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