

PRESCHOOL

Injury & illness treatment and referral information

COUGHS, COLDS & TEMPERATURES

Immediate treatment:

- Rest and drink water regularly.
- If child is unwell and feels hot, contact parents.

Where to refer next

Home (Self Care)

to rest and drink regularly; pain relief for sore throats, earaches and headaches.

General Practice (GP)

if still sick after two days or if child is feverish, miserable and not wanting to drink.

Emergency (ED)

if working hard to breathe and/or floppy.

GASTRO (TUMMY BUGS)

Immediate treatment:

- Rest and drink small amounts often.

Where to refer next

Home (Self Care)

to rest and drink small amounts often; stay home for 2 days after vomiting or diarrhoea has stopped.

General Practice (GP)

if still sick after 24 hours of symptoms or if you are concerned about them.

Emergency (ED)

if floppy and pale or sweaty.

CUTS & WOUNDS

Immediate treatment:

- Clean.
- Cover.
- Check.

Where to refer next

Home (Self Care)

to rest and monitor minor wounds.

General Practice (GP)

if wound has dirt or something inside it or if you are concerned about it.

Emergency (ED)

if large or deep wound, or there is large blood loss.

RASHES

Immediate treatment:

- Check if behaving normally & seems well.
- Check child's notes for existing conditions (e.g. eczema).

Where to refer next

Home (Self Care)

watch for any changes; if existing condition, use prescribed medicine.

General Practice (GP)

if rash is worsening or child becomes unwell.

Emergency (ED)

if trouble breathing or very unwell.

SPRAIN, STRAIN & POSSIBLE FRACTURE

Immediate treatment:

- Get child to rest.

Where to refer next

Home (Self Care)

to rest and follow RICED guidelines if minor swelling or bruising.

General Practice (GP)

if in pain (despite pain relief) and can't use limb as normal.

Emergency (ED)

if in severe pain and limb is pale, cold and/or deformed.

HEAD INJURY

Immediate treatment:

- Check if conscious **call 111** if not.
- If conscious: check info sheet; call their GP if necessary

Where to refer next

Home (Self Care)

if minor headache after injury.

General Practice (GP)

for assessment if brief loss of consciousness or in pain.

Emergency (ED)

if drowsy, acting strange, vomiting, can't move parts of body, blurred vision, slurred speech.

ALL: If concerned, call local doctor or Healthline **0800 611 116**. If an emergency, **call 111** or go to ED.