

# SCHOOL

## Injury & illness treatment and referral information

### COUGHS, COLDS & TEMPERATURES

**Immediate treatment:**

- Rest and drink water regularly.

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 three days or if child is feverish, miserable and not wanting to drink.

### GASTRO (TUMMY BUGS)

**Immediate treatment:**

- Rest and drink small amounts of water often.

Where to refer next

#### Home (Self Care)

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

#### General Practice (GP)

if still sick after three days of symptoms.

### 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 is gaping, has dirt or something inside it or if not healing after two days.

#### Emergency (ED)

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

### SPRAIN, STRAIN & POSSIBLE FRACTURE

**Immediate treatment:**

- Assist child to sick bay.

Where to refer next

#### Home (Self Care)

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

#### General Practice (GP)

if in pain 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 severe pain.

#### Emergency (ED)

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

### ALLERGIES

**Immediate treatment:**

- if having trouble breathing or epi-pen used, call 111.
- Provide first aid if not life-threatening & check student notes for existing conditions.

Where to refer next

#### Home (Self Care)

talk to your pharmacist about relief for minor allergic reactions

#### General Practice (GP)

if symptoms not better after 2 days.

#### Emergency (ED)

via ambulance for breathing issues, if lips/tongue swelling or if epi-pen used.

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