

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.

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

www.westhertsmedicalcentre.nhs.uk

Your GP

or go to



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

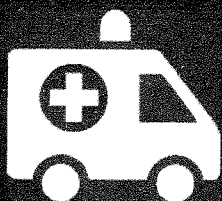
- No appointment needed
- Cuts, bumps, bruises and sprains
- Broken bones
- Scalds or burns



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 Cheshunt

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

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

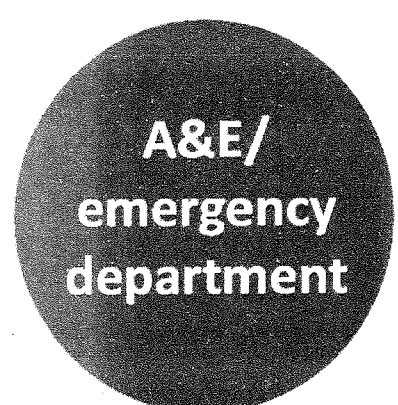
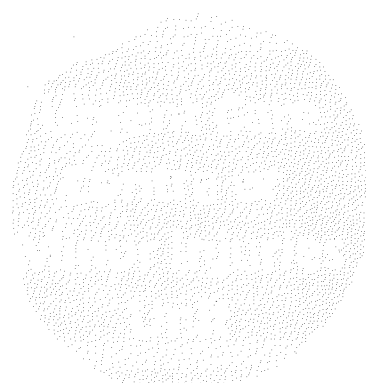
Haymeads Lane

Bishop's Stortford CM23 5JH

Open 9am-4:30pm Monday to Friday

Closed on bank holidays

Can only treat children aged over 2 years



Unsure which urgent NHS service is right for you?

Call NHS 111, free.

For other NHS services near you, go to www.nhs.uk

