

### YOU SHOULD CHECK NHS 111 ONLINE / CALL 111 IF

- Pink / red eyes / cough / runny nose
- Ear pain less than 2 days
- Mild tummy pain that comes and goes

For up to date advice on COVID-19 and childhood illnesses/injuries visit: [www.nhs.uk](http://www.nhs.uk) OR  
<https://bwc.nhs.uk/>  
<https://www.birminghamandsolihullccg.nhs.uk/your-health/children-s-young-people-and-maternity-services-during-covid-19>

### YOU SHOULD CALL YOUR GP/111 IF

#### APPEARANCE

- Mild allergic reaction (known or suspected)
- New rash that fades when you press it

#### BEHAVIOUR

- Mild irritability/sleepier than normal
- Moderate tummy pain
- Vomiting and diarrhoea
- Ear pain for more than 2 days

#### BREATHING

- Wheezing
- Fast Breathing

#### OTHER

- Temperature
  - More than 39 in child aged 3-12 months
  - More than 38 in a child for 5 days or more
- Not passed urine for 12 hours

### YOU SHOULD GO TO A&E IF

#### APPEARANCE

- Dizziness/feeling faint
- Rash that doesn't fade when you press it

#### BEHAVIOUR

- Severe tummy pain

#### OTHER

- Burn
- Possible broken bone

#### OTHER

- Swallowed foreign objects
  - Especially magnets/batteries
- Temperature higher than 38 in a baby younger than 3 months old
- Your child has a specific health care plan that tells you to go to A&E
- Head injury

### YOU SHOULD CALL 999 / GO TO A&E IMMEDIATELY IF

#### APPEARANCE

- Pale/Ashen/Mottled/Blue Colour
- Collapsed/unresponsive/loss of consciousness
- No obvious pulse or heartbeat
- Severe allergic reaction

#### BEHAVIOUR

- Extreme
- Irritability
- Pain
- Sleepiness (can be woken but falls asleep immediately)
- Seizure/jerking movements/fit

#### BEHAVIOUR

- Sucking in and out between ribs
- Flaring nostrils
- Extremely fast breathing
- Noisy breathing

#### OTHER

- Bleeding from an injury, that doesn't stop after 10 minutes of pressure
- Overdose of medication or other substances

### MENTAL HEALTH SUPPORT 24/7 FOR ALL AGES IN BIRMINGHAM & SOLIHULL Call 0800 915 9292 / 0121 262 3555

#### In Birmingham (FTB) - age 0-18 Years

- 7 Days a Week 10am-6pm
- 0207 841 4470
- Email: [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk)

#### In Solihull (SOLAR) - age 0-18 Years

- Mon-Fri 8am-8pm 0121 301 2750
- Weekends and Evenings 8pm-8am 0121 301 5500

#### Kooth – For 11-25 year olds in Birmingham and Solihull

Peer to peer support through moderated discussion forums, self-care tools and resources and online mental health counselling and chat services from 12pm-10pm during the week, and 6pm-10pm at weekends: [www.kooth.com](http://www.kooth.com)