



North Central London  
Integrated Care System



# Health advice for parents and carers



# When should you worry?



We want to help parents, carers, and families to know when and how to use local health services safely. This booklet explains where and when to seek advice and help if you are concerned about your child's health. It aims to help make sure your child receives the care and support they need at the right time and in the right place.

This winter we may see an increase in respiratory, or breathing, infections in children. These infections are quite common in children and most of the time your child can be looked after safely at home, with support from your local pharmacist, without seeing a doctor. Inside this booklet, you will find a handy guide from the Healthier Together website which explains symptoms to look out for in children and where and when to seek help for your child if they are unwell.

You may have heard about a viral infection called bronchiolitis or RSV. This is a very common viral infection in children that circulates most years. Most cases of bronchiolitis are not serious, and we have included information on symptoms and treatment, and when to seek help from a healthcare professional.

On pages six and seven you can find information on local mental health support and advice services for children, young people and their families - including where to get urgent help if needed.

Dr Oliver Anglin,

Local GP and North Central London and NHS England London Clinical Lead for Children and Young People

 <b>RED</b>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>• Is pale, mottled and feels abnormally cold to touch</li><li>• Has pauses in their breathing lasting more than 10 seconds, makes a <b>grunting</b> noise every time they breathe out or has blue lips</li><li>• Is stiff or rigid or makes repeated, jerky movements of arms or legs that doesn't stop when you hold them (a fit or seizure)</li><li>• Is extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)</li><li>• Has a rash that does not disappear with pressure (the '<b>Glass Test</b>')</li><li>• Is under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other red or amber features)</li></ul>	<p><b>You need urgent help.</b></p> <p>Go to the nearest <b>Hospital Emergency (A&amp;E) Department</b> or phone 999</p>
 <b>AMBER</b>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>• Difficulty breathing, including breathing fast all of the time; widening their nostrils or <b>pulling in of the muscles below the ribs</b> when breathing</li><li>• Not interested in feeding and/or looks dehydrated (dry mouth, sunken eyes, no tears, drowsy, no wet nappies in the last 8 hours or sunken fontanelle (soft spot on the head))</li><li>• Is drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) – especially if they remain drowsy or irritable despite their fever coming down</li><li>• Is 3-6 months of age with a temperature of 39°C / 102.2°F or above (but fever is common in babies up to 2 days after they receive vaccinations) or continues to have a fever of 38.0°C or above for more than 5 days</li><li>• Is getting worse or if you are worried</li></ul>	<p><b>You need to contact a doctor or nurse today.</b></p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, recheck that your child has not developed any red features.</p>
 <b>GREEN</b>	<ul style="list-style-type: none"><li>• None of the above features are present</li><li>• It is normal for a baby to take slight pauses in their breathing for a few seconds, or to breath rapidly for a short period. By 6 weeks of age they should have a more regular breathing pattern.</li><li>• Addition information is available about infant crying and how to cope – click <a href="#">here</a></li></ul>	<p><b>Self care</b></p> <p>Continue providing your child's care at home. If you are still concerned about your baby, speak to your <b>health visitor, local pharmacist</b> or call NHS 111– dial 111</p> <p>For parents from ethnic minority groups, you can contact the <b>Barnado's Boloh advisors</b> who can provide practical advice and support in many different languages. Call 0800 151 2605 or click <a href="#">here</a> for the <b>web chat function</b>.</p>

# Bronchiolitis in babies



Bronchiolitis is a common lower respiratory tract infection that affects babies and young children under 2 years old. Most cases are mild and clear up within 2 to 3 weeks without the need for treatment, but some children have more severe symptoms and need hospital treatment.

Bronchiolitis is caused by a virus known as the respiratory syncytial virus (RSV), which is spread through tiny droplets of liquid from the coughs or sneezes of someone who's infected.



## Symptoms of bronchiolitis

The early symptoms of bronchiolitis are similar to those of a common cold, such as a runny nose and a cough. Further symptoms then usually develop over the next few days, including:

- a slight high temperature (fever)
- a dry and persistent cough
- difficulty feeding
- rapid or noisy breathing (wheezing).



## Treating bronchiolitis

There's no medication to kill the virus that causes bronchiolitis, but the infection usually clears up within 2 weeks without the need for treatment.

Most children can be cared for at home in the same way that you'd treat a cold.

Make sure your child gets enough fluid to avoid dehydration. You can give infants paracetamol or ibuprofen to bring down their temperature if the fever is upsetting them. Always check the label.



## When to get medical help

Most cases of bronchiolitis are not serious, but see your GP or call NHS 111 if:

- you're worried about your child
- your child has taken less than half their usual amount during the last 2 or 3 feeds, or they have had a dry nappy for 12 hours or more
- your child has a persistent high temperature of 38C or above
- your child seems very tired or irritable.



## Dial 999 for an ambulance if:

- your baby is having difficulty breathing
- your baby's tongue or lips are blue
- there are long pauses in your baby's breathing.



## Preventing bronchiolitis

It's very difficult to prevent bronchiolitis, but there are steps you can take to reduce your child's risk of catching it and help prevent the virus spreading.

You should:

- wash your hands and your child's hands frequently
- wash or wipe toys and surfaces regularly
- keep infected children at home until their symptoms have improved
- keep newborn babies away from people with colds or flu
- avoid smoking around your child, and do not let others smoke around them.

# Mental health support for children, young people and their families

We have seen an increase in the numbers of children and young people seeking help from the NHS for their mental health.

We are working with our local authority partners and other NHS organisations to ensure children, young people and their families in North Central London – Barnet, Camden, Enfield, Haringey and Islington – get the advice and support they need.

## Where to get urgent help



### 24/7 mental health crisis support line

If you are a child or young person aged under 18 in crisis and living in Barnet, Camden, Enfield, Haringey or Islington, or if you are the parent or carer of a child or young person in crisis, you can call the mental health crisis support line available 24 hours a day, seven days a week on **0800 151 0023**.



### Children and Young People's Mental Health Services (or CAMHS)

If your child is currently being supported by mental health services for children and young people (CAMHS), you can contact your care coordinator or the duty number for the team during office hours. Out of hours and on weekends, please contact the mental health crisis support line on **0800 151 0023**.



### Accident and Emergency Department (A&E)

If a child or young person needs emergency medical help, is seriously ill or their life is at risk, then call **999** or take them to the nearest Accident & Emergency (A&E).



### NHS 111

If you are not sure what to do, you can check **NHS 111 online** or call **111** for advice.

# Mental health support for children, young people and their families

## Other support including websites for children and young people

If a child or young person would like further information or advice on their mental health or difficulties they are experiencing, they could try one of the following websites or organisations:

**Kooth** – provides free, safe, anonymous online emotional and mental health support for young people aged 11-25 years across London.

As an online service, it is available seven days per week, 365 days a year for 24 hours. The Kooth team is available every day from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays (reduced cover during holidays).

[www.kooth.com](http://www.kooth.com)

**Shout 85258** – provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying. Text 'Shout' to 85258 to speak to a trained volunteer who will listen and work with you to solve problems.

[www.giveusashout.org](http://www.giveusashout.org)

**Papyrus** – provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person:

- call **0800 068 41 41** for free – every day, 9am to 12am (midnight)
- you can also text **07860 039967** (charges may apply)
- you can email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

**Childline** – is a free, private and confidential service for children where you can talk about anything. Available online, on the phone, anytime. You can:

- call Freephone **0800 11 11**
- have an online chat with a counsellor – go to

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

[www.childline.org.uk](http://www.childline.org.uk)

**The Mix** – provides a free confidential helpline and online service that aims to find young people the best help, whatever the problem. You can:

- call **0808 808 4994** for free – every day, 3pm to 11pm
- access the discussion boards
- email **The Mix**

[www.themix.org.uk](http://www.themix.org.uk)

- access group chats
- find local services
- get urgent help
- speak to The Mix team.

**Every Mind Matters** – includes advice for young people on how to look after their mental health and wellbeing and deal with the issues that matter to them.

[www.nhs.uk/oneyou/every-mind-matters/youth-mental-health](http://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health)

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