



Alder Hey Emergency Department

Advice for families diverted to alternative services

Introduction

Your child has had a Triage assessment by a Registered Nurse who feels that your child does not need urgent assessment at Alder Hey Emergency Department today.

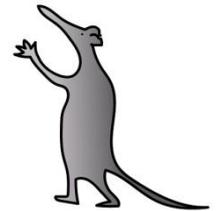
You might have received some advice and reassurance, or have been directed to an alternative service that might better suit your child's needs such as General Medical Clinic, Local or Alder Hey Pharmacist, Health Visitor or Walk in Centre.

Sometimes we recognise that the wait to see an Emergency Clinician may be very long and you may decide to use another healthcare service such as 111 or your GP.

If your child's condition changes and you are concerned please do seek help urgently.

You should call 999 or take your child to the nearest Emergency Department that sees children if your child is:

- **Difficult to wake (lethargic) or confused**
- **Very agitated and restless and you cannot calm them**
- **Pale, mottled or has abnormally cold hands or feet**
- **Blue around the lips**
- **Too breathless to talk or feed**
- **Using their neck muscles when breathing**
- **Develops a rash that does not fade with pressure (Glass Test)**



If your child has a fit or convulsion then you should bring them to the Emergency Department or call 999.

If you have other concerns about your child's health please call 111 or contact your GP or local Walk-in Centre.

Useful websites

Healthier Together

NHS website with lots of useful advice about looking after your child's health and when to get help.
<https://what0-18.nhs.uk/parentscarers>

Please note, this website has been developed by colleagues in Dorset, Hampshire and the Isle of Wight. While the general information contained is correct, specific services may not be available in Cheshire and Merseyside.

When should I worry?

Booklet developed by GPs in Wales with advice and information about common childhood illnesses.
http://www.whenshouldiworry.com/resources/When%20should%20I%20worry-Booklet_England-with%2011%20service_2016.pdf

Versions are available in different languages from the website: <http://www.whenshouldiworry.com/>

What to do if your child is unwell

Prevent dehydration - Give small children their usual diet along with some extra fluid such as diluted squash or water. Regular small amounts given often are best. Homemade ice-lollies are a great way to stay cool and give fluid.

Where a baby or child is breastfed, the most appropriate fluid is breastmilk.

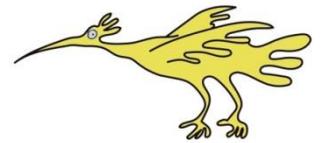
If you find any signs of dehydration such as a dry mouth or fewer wet nappies than usual, encourage your child to drink more fluids and seek further advice if you are worried.

Useful weblink: <https://www.nhs.uk/conditions/dehydration/>

It is not necessary to give medicines (paracetamol or ibuprofen) to treat your child's temperature if they appear settled. But if your child has a fever and is distressed or very unwell, you can help to make them feel more comfortable by giving them either paracetamol or ibuprofen (please read the instructions on the bottle first and do not exceed the maximum daily doses). Don't give the medicines at the same time. If your child has not improved after 1 hour, you may want to try giving the other medicine.

Do not sponge your child with water. This does not help to reduce fever.

Useful weblink: <https://www.nhs.uk/conditions/fever-in-children/>



The Glass Test:

Look out for a rash that does not fade with pressure using the Glass (or Tumbler) Test:

Press the side of a clear glass firmly against the skin. If you can see the spots through the glass and they do not fade then seek medical advice immediately.

On dark skin, the spots/rash can be more difficult to see - look in light skinned areas such as palms of hands and soles of feet.

- Spots/rash may fade at first so keep checking
- Fever with spots/rash that do not fade under pressure may be a medical emergency
- A rash is not the only sign of serious illness. If someone is ill and getting worse, get medical help immediately

Check your child during the night for rashes and to see if they are getting better. If a rash appears, do the Glass test. If you are concerned that your child is not improving ring 111.

Useful weblink:

<https://www.meningitisnow.org/meningitis-explained/signs-and-symptoms/glass-test/>

For updates on children's health matters and what's going on locally follow us on Twitter @alderheyED

This leaflet only gives general information about possible signs of serious illness in children. Do not rely on this leaflet alone for information about your child's treatment. You should discuss concerns about your child's health and treatment with an appropriate healthcare professional. This information can be made available in other languages and formats if requested.

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