



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to touch
- Is going blue around the lips
- Becomes confused or very lethargic (difficult to wake)
- Has green or blood stained vomit
- Develops severe pain despite pain relief such as [paracetamol](#) or [ibuprofen](#)
- Has testicular pain (especially in teenage boys)

**Your child needs urgent help**  
please phone 999 or go to the nearest hospital emergency (A+E) department



AMBER

If your child has any of the following:

- Develops a swollen tummy
- Has blood in their poo or wee
- Experiences constant pain for more than 1 day despite pain killers
- Has a fever or symptoms continuing for more than 5 days
- Becomes increasingly thirsty
- Is weeing significantly more or less than normal
- Develops yellow skin or eyes
- Has weight loss/ poor growth

**You need to contact a doctor or nurse today**  
Please ring your GP surgery or contact NHS 111 - dial 111 or for children aged 5 years and above visit [111.nhs.uk](https://111.nhs.uk)



GREEN

If your child:

- Is alert and interacts with you
- Develops diarrhoea & vomiting but no red or amber signs
- Experiences pain associated with menstruation in a girl
- Is frequently constipated

### Self Care

Continue providing your child's care at home. If you are still concerned about your child, contact NHS 111 – dial 111 or for children aged 5 years and above visit [111.nhs.uk](https://111.nhs.uk)

## How can I look after my child?

- Should include ensuring your child has regular food and drink (clear fluids) and regular pain relief (paracetamol/ ibuprofen should be given as per manufacturers instructions).