

What you can do at home

Offer your child regular drinks (where a baby or child is breastfed the best fluid is breast milk) but don't worry if they don't eat normally for a few days.

If your child is uncomfortable or unsettled, you can give them either paracetamol and/or ibuprofen (please read **the instructions on the bottle first**). Please ask your local pharmacist for more advice about medicines.

You have been given the following treatments for your child: (record name of medicine, dose information, length of treatment)

How to comment on treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail portsmouthhospitals.patientexperience@porthosp.nhs.uk

Advice for parents and carers when their child over 3 months is discharged from the Children's Assessment Unit (CAU)

Name of child: _____

Date: _____



The Paediatric Unit
Queen Alexandra Hospital, Cosham
Tel: (023) 9228 3344

Specialist Support

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.

The staff on CAU think that your child is well enough to go home now.

We think your child has: _____

We would expect:

This may last for: _____

With this illness, we wouldn't expect:

If your child develops these symptoms, please seek medical advice (see "What to do if you're worried" below).

General advice

If your child's health gets worse, you are worried or your child can't take their treatment you might want to seek medical help (see "What to do if you're worried" below). There are some symptoms which would usually be worth taking seriously in any illness:

- Struggling to breathe
- Pale, mottled or blue colour
- Unable to wake up, being very drowsy or confused.
- Neck stiffness
- A fit (if never had one before)
- Rash that does not disappear with pressure (see the glass test below)
- Dark green vomit

- High temperatures for 5 days
- Dehydration (dry mouth, sunken eyes, hasn't had a wee for more than 6 hours)

You can find more information in the "Birth to Five" book you might have been given soon after your baby was born.

Glass test

Do the 'glass test' if your child has a rash. Press a glass tumbler firmly against the rash. If you can see the spots through the glass and they do not fade this is called a 'non-blanching rash'. If this rash is present seek medical advice immediately. The rash is harder to see on dark skin so check paler areas, such as palms of the hands, soles of the feet, tummy and inside the eyelids.

What to do if you are worried.

If you think your child is suddenly very unwell, call 999.

You can go to your nearest Emergency Department at any time.

You should also be able to see your own GP or an "out of hours" doctor.

You can get advice at any time from:

- NHS direct – telephone 0845 4647
- NHS choices – www.nhs.uk

You have / haven't been given open access to CAU. This means you may phone CAU to talk to a nurse if you are worried about your child in the ___ hours after you were sent home.

CAU: 023 9228 3344

If you live in Portsmouth, you might also have been given information about the Early Discharge Team, who might be able to help.