

# Is it serious? Look, Listen, Touch, Check

Go straight to the emergency department (A&E) or call 999 if your child:

- ▶ looks mottled, bluish or pale
- ▶ is breathing much faster than normal
- ▶ is very lethargic or difficult to wake
- ▶ has a rash that does not fade when you press it
- ▶ feels abnormally cold to touch
- ▶ has a fit or convulsion

Call NHS 111 to get urgent medical advice if your child:



LOOK

- is finding it hard to get their breath and is sucking their stomach in under their ribs
- has bright green, bloody or black vomit
- has not drunk anything for more than eight hours (when awake)
- has eyes that look 'sunken'
- is quiet and lacking energy, even when their temperature is normal



LISTEN

- makes a throaty noise while breathing
- is making 'grunting' noises with every breath
- can't say more than a few words at once (for older children who normally talk)
- has obvious 'pauses' in their breathing
- is crying constantly and you can't comfort or distract them, or the cry doesn't sound like their normal cry



TOUCH

- is under 8 weeks old and doesn't want to feed
- has not had a wet nappy or had a wee for 12 hours
- is under 2 years old and has a bulging soft spot (fontanelle) on their head
- is floppy
- is hard to wake up, or appears confused



CHECK

- is under 3 months old and has a high temperature of 38°C or above
- is over 3 months old and has a high temperature of 38°C or above that doesn't come down 15 - 30 minutes after paracetamol or ibuprofen
- is between 3 and 9 months old and has a high temperature of 39°C or above
- is any age and has a low temperature below 36 °C when checked three times in a 10-minute period

If you don't see any of these, look at the 'How to help your unwell child' booklet

Coughs and colds: **Page 2** Diarrhoea and vomiting: **Page 4**  
Fever (high temperature): **Page 6** Ear problems: **Page 8** Rashes: **Page 10**