

Does your child need care this winter?

 Urgent Treatment Centre	 GP Surgery	 Pharmacy	Choose the right service	 111.nhs.uk	 Call NHS 111
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If your child is ill it can be a worrying time, but lots of childhood illnesses can be treated quickly and effectively at home or by accessing the right healthcare service. Here is our handy guide to services available in your area. By choosing the right service you can help your little one feel better, quicker.

<p>Online symptom checker Our friends at Alder Hey have created an online symptom checker with lots of useful advice on common symptoms in children. Visit the website: www.alderhey.nhs.uk/symptom-checker You can then decide where best to get the right care for your child.</p>	<p>When to go to a doctor If you are worried about your child's health, then you should speak to your GP first. Out of hours, you can call 111 who will help to decide whether your child needs to be seen right away or if the issue can wait to be treated the next day by your own family doctor. Common illnesses that can be treated by your GP are:</p> <ul style="list-style-type: none"> • Persistent coughs • Skin infections • Eye infections • Ear pain 	<p>When to go to A&E Accident and Emergency is for people with life-threatening illness or injury, so if you think your child needs immediate attention, then you should attend A&E. Conditions that require immediate attention include;</p> <ul style="list-style-type: none"> • Shortness of breath or working hard to breathe resulting in drawing in of the chest when breathing or making a grunting noise • Seizures • Severe bleeding or burns • Head or eye injuries • Allergic reactions causing swelling of the face, lips, eyes or tongue, fainting or trouble breathing • Serious animal bites • Infants under 2 months of age with a fever • Blue or purple lips, skin or fingernails • Uncontrolled pain
<p>When to go to a pharmacy Your local pharmacy can offer advice and has a wide range of over-the-counter medicines that can help treat common illnesses. Make the pharmacy your first stop to help with;</p> <ul style="list-style-type: none"> • Coughs and colds • Upset tummy • Minor cuts, bumps and bruises • Minor stings and bites 	<p>When to go to urgent treatment / walk-in centres If your GP surgery is closed, or your child's condition is more urgent, but not life-threatening, then your local Urgent Treatment / Walk-in Centre has specialist nurses and doctors that can help. Many local centres have x ray equipment too, which means you don't always need to attend A&E. Common conditions that can be treated here include:</p> <ul style="list-style-type: none"> • Cuts and scrapes • Minor burns • Minor breathing difficulties (asthma / croup / bronchiolitis) • Suspected fractures • Uncontrolled fever 	<p>If your child is struggling to breathe or loses consciousness, you should call 999</p>

<p> Urgent Treatment & Walk-in Centres Your local centre is closer than you think. Open 365 days a year, including bank holidays, to treat all sorts of urgent illnesses and injuries.</p>	<p> St Helens Urgent Treatment Centre Monday to Saturday 7am-10pm Sunday & Bank Holidays 9am-10pm</p> <p>Widnes Urgent Treatment Centre Monday to Sunday 8am-9pm</p> <p>Huyton NHS Walk-in Centre Monday to Saturday 8am-8.30pm Sunday & Bank Holidays 10am-8.30pm</p>	<p>Runcorn Urgent Treatment Centre Monday to Sunday 8am-9pm</p> <p>Kirkby NHS Walk-in Centre Monday to Saturday 8am-8.30pm Sunday & Bank Holidays 10am-8.30pm</p> <p>Halewood NHS Walk-in Centre Monday to Saturday 8am-8.30pm Sunday & Bank Holidays 10am-8.30pm</p>
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