



**RED**

**If your child has any of the following:**

- Is pale, mottled and feels abnormally cold to touch
- Has blue lips
- Too breathless to talk / eat or drink
- Has a fit/seizure
- Is extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)
- Has dark green vomit
- Has a rash that does not disappear with pressure (the 'Glass Test')

**You need urgent help.**

Go to the nearest **Hospital Emergency (A&E) Department** or phone 999



**AMBER**

**If your child has any of the following:**

- Is finding it hard to breathe
- Has laboured/rapid breathing or they are working hard to breathe – drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**).
- Unable to swallow saliva
- Has features suggestive of scarlet fever (see above)
- Seems dehydrated (sunken eyes, drowsy or not passed urine for 12 hours)
- Is drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Has a painful, red swollen gland in their neck which is increasing in size
- Is 3-6 months of age with a temperature of 39°C/102.2°F or above (but fever is common in babies up to two days after they receive vaccinations)
- Continues to have a fever of 38°C or above for more than 5 days
- If your child has recently had scarlet fever but now appears to have a puffy face/eyelids, tea 'coca-cola' coloured urine (pee), or a swollen, painful joint(s)
- Is getting worse or if you are worried

**You need to contact a doctor or nurse today.**

Please ring your GP surgery or call NHS 111 - dial 111

If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, recheck that your child has not developed any red features.



**GREEN**

**If none of the above features are present**

Addition information is available about infant crying and how to cope – click [here](#).

**Self care**

Continue providing your child's care at home. If you are still concerned about your child, speak to your **health visitor, local pharmacist** or call NHS 111– dial 111

Children and young people who are unwell and have a high temperature should stay at home. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.