

What would you do about an urgent health problem with a member of your family or a child in your care?



Where would you go on a Sunday night? Or a Bank Holiday?

Being a parent or looking after a child is a wonderful thing. But it can also be stressful if they fall ill and you don't know where to turn for help, especially in the middle of the night. Did you know that you can see or speak to a GP 24 hours a day, 7 days a week, 365 days a year? To access this service then please phone your GP practice and listen to the instructions.

As a parent or someone looking after a child then always trust your instincts. **If you think that the situation is critical or life threatening then go to Accident and Emergency or ring 999**

If you are worried about a sick child or young person and you feel it's less urgent then you have several choices.

Your health visitor can offer advice and your local pharmacy can offer specialised health advice and over the counter remedies. Text "Pharmacy" to 64746 to receive 3 free texts to find your nearest pharmacy.

If you have a smartphone then you can download a free NHS Direct app from Android Marketplace or the iTunes store or you can ring NHS Direct for health advice and details of local services day or night, 365 days of the year on 0845 46 47 (calls cost a maximum of 5p per minutes on a BT landline but calls from mobiles and other networks may vary). You can also access a range of health information and details of local services on the NHS Choices website www.nhs.uk

