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Guidance for when your child gets ill

Dear Parents/Carers,

We know it can be a difficult time when your child becomes ill. You are presented with a number of treatment options and it can be difficult to know which ones to choose. We want to help you make the right choices so have published [four guides for parents and carers](#) on what to do should your child develop:

- Diarrhoea and vomiting
- High temperature
- Coughs, colds and breathing difficulties
- Constipation

Often our first instinct is to take our children to a GP or to A&E. However in many cases these conditions can be assessed and treated at home or in care settings close to home such as a pharmacy, community nurse or by calling 111. These guides will help you choose what is right for your child.

Please take time to read the guides and keep them handy for when your child gets ill. Knowing what to do will be reassuring to you and receiving the right care in the right setting by the right professional contributes to the wider wellbeing of the Barnet population which is important to us.

Yours sincerely



Debbie Frost
Chair

<http://www.barnetccg.nhs.uk/childadvice>

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