

As a parent you know you need to be always prepared for any kind of situations, so take a few minutes and read these cards. Split and keep them to hand in case you need to refer to any of the information provided.

## Sepsis – symptoms

### Any child who:

1. Is breathing very fast
2. Has a 'fit' or convulsion
3. Looks mottled, bluish or pale
4. Has a rash that does not fade when you press it
5. Is very lethargic or difficult to wake
6. Feels abnormally cold to touch

### Might have sepsis

**Call 999 and ask:** Could it be sepsis?

### Any child under 5 who:

1. Is not feeding
2. Is vomiting repeatedly
3. Hasn't had a wee or wet nappy for 12 hours

### Might have sepsis

If you're worried they're deteriorating **call 111 or see your GP**



Information source: The UK Sepsis Trust ([www.sepsistrust.org](http://www.sepsistrust.org))

## First aid for a child who is choking

A child who is choking may be clutching at their chest or neck and won't be able to speak, breathe or cough.

1. **Give up to five back blows: hit them firmly on their back between the shoulder blades. If back blows do not dislodge the object, move on to step 2.**

Back blows create a strong vibration and pressure in the airway, which is often enough to dislodge the blockage. Dislodging the blockage will allow them to breathe again.

2. **Give up to five abdominal thrusts: hold the child around the waist and pull inwards and upwards above their belly button.**

Abdominal thrusts squeeze the air out of the lungs and may dislodge the blockage.

3. **Call 999 if the blockage does not dislodge.**

Continue with cycles of back blows and abdominal thrusts until the blockage dislodges, help arrives or the child becomes unresponsive. If you can't call 999, get someone else to do it.



Video tutorials are available at [www.redcross.org.uk/first-aid](http://www.redcross.org.uk/first-aid)

## First aid for a baby or child who has a burn

1. **Cool the burn under cold running water for at least ten minutes.**

Cooling the burn will reduce pain, swelling and the risk of scarring. The faster and longer a burn is cooled with cold running water, the less the impact of the injury.

2. **After the burn has been cooled, cover it with cling film or a clean plastic bag.**

This helps prevent infection by keeping the area clean. Cling film or plastic won't stick to the burn and will reduce pain by keeping air from the skin's surface.

3. **Call 999 if necessary.**

If you can't call 999, get someone else to do it.

The burn may need urgent medical treatment. Always seek medical advice for a baby or child who has been burned.



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## First aid for a child who has a nosebleed

1. **Pinch the soft part of their nose and ask them to lean forward.**

Pinching the nose helps the blood to clot. Leaning forward stops blood going into the airway or stomach. Ask them to breathe through their mouth and to spit out any blood. **Continue to pinch the soft part of their nose for ten minutes.**

2. **Seek medical advice if the bleeding continues for more than half an hour.**



Video tutorials are available at [www.redcross.org.uk/first-aid](http://www.redcross.org.uk/first-aid)