

What to do if your child is unwell

Care at home

- **Fever** – children’s paracetamol can bring down a high temperature.
- **Vomiting or diarrhoea** – give your child regular sips of water. Avoid solid foods.
- **Ear infection** – ease pain with children’s ibuprofen or paracetamol. Antibiotics won’t help in most cases.
- **Mild stomach ache** – lay quietly, offer sips of water and avoid solid foods for a while.

Pharmacy

- **Sore throat** – ease discomfort with children’s paracetamol.
- **Cough or cold** – rub decongestant on chest and try a warm honey and lemon drink (aged 1+). Colds should clear up in 5-7 days.
- **Chicken pox** – antihistamines or calamine cream may help with itching.
- **Sticky eyes** – Gently clean eyelids with cooled boiled water and cotton wool. Eye drops from a pharmacist may help.

- High fever which isn’t coming down?
- Symptoms that won’t go away or get worse?
- Worried about your child’s health?

www.westhertsmedicalcentre.nhs.uk

Your GP

or go to



Need urgent health advice and don’t know where to go? Open 24/7 and all calls are free. Find advice online at www.nhs.uk

Call NHS 111

Minor Injuries Unit

- No appointment needed
- Cuts, bumps, bruises and sprains
- Broken bones
- Scalds or burns

Located in **Bishop’s Stortford, Cheshunt & St Albans**



Urgent Care Centre

Open 24/7 at **Hemel Hempstead Hospital** and the **QEII Hospital, Welwyn Garden City**. No appointment needed. Treats all minor injuries and you can also see a GP for minor illness.



- Choking
- Seizure or fit
- A rash that doesn’t fade when a clear glass is pressed firmly against it
- Fainting
- Bleeding heavily

Call 999

Find your local NHS service

Hemel Hempstead Cheshunt

Urgent Care Centre

Hemel Hempstead Hospital
Hillfield Road
Hemel Hempstead HP2 4AD
Open 24 hours every day
X-rays 9am-10pm

Minor Injuries Unit

Cheshunt Community Hospital
King Arthur Court
Cheshunt EN8 8XN
Open 8am-8pm every day
X-rays 9am-6pm, Monday to Friday
11am to 2pm on weekends and bank holidays
Can only treat children aged over 1 year

Bishop's Stortford

Minor Injuries Unit

Herts and Essex Community Hospital
Haymeads Lane
Bishop's Stortford CM23 5JH
Open 9am-4:30pm Monday to Friday
Closed on bank holidays
Can only treat children aged over 2 years

St Albans

Minor Injuries Unit

St Albans City Hospital
Waverley Road
St Albans AL3 5PN
Open 9am-8pm every day except Christmas Day
X-rays 9am-5pm, Monday to Friday
Can only treat children aged over 2 years



Welwyn Garden City

Urgent Care Centre

New QEII Hospital
Howlands
Welwyn Garden City AL7 4HQ
Open 24 hours every day
X-rays 8am-11pm

Watford

A&E/emergency department

Watford General Hospital
Vicarage Road
Watford WD18 0HB
Open 24 hours every day

Stevenage

A&E/emergency department

Lister Hospital
Coreys Mill Lane
Stevenage SG1 4AB
Open 24 hours every day



Unsure which urgent NHS service is right for you?

Call NHS 111, free.

For other NHS services near you, go to www.nhs.uk

