



YOUR LOCAL HEALTH TEAM



Live and
recorded
events

My child is unwell, what do I need to do?

Get expert NHS advice on how to help
your child when they're unwell

Free online event for parents on 17 Dec 24 & 14 Jan 25

Recorded sessions also available online at any time

Scan this QR code > or go to bit.ly/nlchild for more info



Plus, get free, NHS-approved clinical advice for these
common childhood illnesses today (translations available)

For advice, scan the codes

Fever



Cough



Skin rash



Sore throat



Stomach ache



Vomiting



Earache



Head injury



Breathing issues



Diarrhoea

