



**ASTHMA
AUSTRALIA**

KIDS HEALTH

What to do
when a little one **IS SICK**



1800 ASTHMA

(1800 278 462)

asthma.org.au



**ASTHMA
AUSTRALIA**

RECOGNISING ILLNESS.

It can be scary to see a child unwell or in distress. Today we want to help you to recognise and understand some common symptoms in children and help you decide where to get the best care for kids when they need it.

- ✓ Many childhood illness are very common
- ✓ Most of the time they are mild and can be treated at **home**
- ✓ Sometimes you will need to see a **doctor**
- ✓ Occasionally you will need to go to hospital or call an **ambulance**

A LOT OF ILLNESS HAS THE SAME SIGNS.

- Grizzly or unsettled
- Tired
- Not eating or drinking as much
- Less wet nappies
- Fever (normal temp can be up to 38°C)

Fever, rash and virus are words that will be used to describe many illnesses today. We will explain them more fully.

THERE ARE MANY TYPES OF HEALTH SERVICES.



Some things may be managed at **home**



Health advice **helplines**, such as Nurse-on-call 1300 60 60 24



For medication or advice, visit a **pharmacy**



Late night medical centres or home visiting **doctors** (13SICK)



Hospital emergency departments



In an emergency, always call triple zero (000) for an **ambulance**

Helpful website: myhealthrecord.gov.au



My Health Record lets you control your health information securely, in one place.

This means your important health information is available when and where it's needed, including in an emergency.

FEVER SIGNS AND SYMPTOMS.

- High temperature over 38°C

- Feel hot

- Not as active

- Drinking and eating less

- Irritable / grizzly

- Vomiting

FEVER.

- Normal temperature is 36.5°C – 37.5°C
- Fever in children is very common
- A fever is a sign of infection and this is usually viral
- A fever is generally not harmful
- A fever is the body's immune system working
- Some children can have a fit when their fever rises rapidly



WHAT YOU CAN DO FOR FEVER.



What you can do at **home**

- Encourage fluids → smaller amounts, more often
- Plenty of rest
- Appropriate clothing
- Keep them comfortable
- Cool baths and fans are not recommended



When a **pharmacist** can help

- Electrolyte replacement products
- Medications that may reduce fever
- Remember to talk about herbs, teas and any other medicines the child may take



When to go to **hospital**

- Babies <3 months with high fever
- There is also a rash
- If you're worried or unsure
- Stiff neck
- Light hurting their eyes



When to call **triple zero** (000)

- Breathing problems
- Hard to wake



RCH

Helpful App

Kids Health Info, The Royal Children's Hospital.
[Includes Fact Sheets.](#)

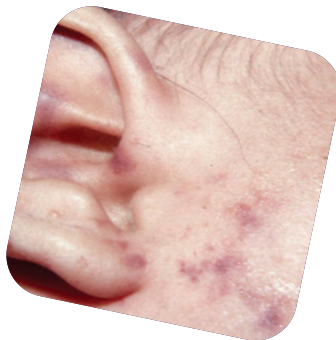
RASH SIGNS AND SYMPTOMS.

- Discolouration or marks on skin
- Raised bumps appear on skin
- Blisters in groups or trails
- Welts (red/dark, raised marks)
- May be sore or itchy
- Can look like insect bites

RASH EXAMPLES.



Kawasaki Disease



Meningococcal Rash



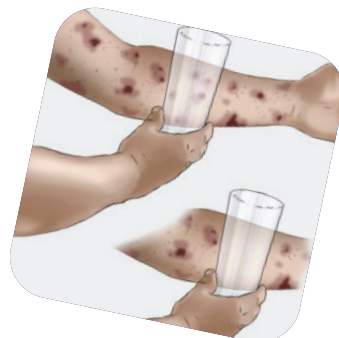
Milk Rash



Chicken Pox



Meningococcal Rash



Blanch Test



RASH.

- A rash is very common in children
- Most are caused by a virus
- Most are nothing to be worried about
- A rash may last days or weeks

WHAT YOU CAN DO FOR RASHES.



What you can do at **home**

- Keep child comfortable
- Encourage fluids
- Treat itch
- Most rashes will get better on their own
- Remember to wash your hands
- Pain relief if required



When a **pharmacist** can help

- Treatment for itch
- Medications that may reduce fever
- Medications that offer pain relief



When to see a **doctor**

- If they have **fever** with the rash (rash usually appears at end of illness)



When to go to **hospital**

- If you're worried or unsure
- You cannot get to a doctor or pharmacist
- If the rash is small, bright red, purple or deep discolouration spots that don't turn white when you press them (blanch test)

VIRUS SIGNS AND SYMPTOMS.

- High temperature over 38°C
- Not as active, less food & drink
- Irritable or grizzly
- Runny nose
- Sore throat, coughing
- Vomiting or diarrhoea

VIRUS.

- A virus is a germ that may cause infections
- They are very common
- A virus can be colds, flu, chicken pox, ear infection, chest infection, croup
- The most common virus is a cold
- Viruses can be easily spread
- Can last days or weeks, needs to run its course



WHAT YOU CAN DO FOR A VIRUS.



What you can do at **home**

- Encourage fluids, smaller amounts, more often
- Plenty of rest
- Use products to help clear the nose
- Medication for discomfort



When a **pharmacist** can help

- Instructions for nasal saline products, such as preservative-free drops or spray
- Discuss medications for discomfort, such as paracetamol or ibuprofen



When to see a **doctor**

- There is fever and a rash
- Fever for more than a couple of days
- Decreased wet nappies



When to go to **hospital**

- Babies <3 months with high fever
- Rash that does not blanch
- Hard to wake
- If you're worried or unsure
- Breathing faster or harder than normal
- Skin sucking in around ribs/throat

"I thought it was just a case of the flu"

Do you know enough about meningococcal disease?

Meningococcal disease is hard to recognise as early symptoms are easily mistaken for a cold or flu. Whilst it is a rare disease, it can be fatal within 24 hours or cause permanent disabilities.

Different strains cause invasive meningococcal disease.

Most Australians at risk are not fully protected.



SPEAK TO YOUR DOCTOR ABOUT MENINGOCOCCAL DISEASE AND PREVENTION OPTIONS, INCLUDING VACCINATION

EAR INFECTION SIGNS AND SYMPTOMS.

- Ear can be red inside or out

- Pain, or child tugging at ear

- Fever

- Runny nose

- May see discharge from ear

- Discomfort can be sudden

EAR INFECTION.

- Another common childhood illness, especially in babies and young children
- This is because the tubes in their ears are smaller
- Usually get better quickly and are not serious
- Antibiotics are not always given as it is usually a virus



WHAT YOU CAN DO FOR AN EAR INFECTION.



What you can do at **home**

- Pain relief
- Encourage rest
- Encourage fluids
- Avoid swimming



When a **pharmacist** can help

- Instructions or other advice about drops or medication a doctor may prescribe
- Medications that provide pain relief



When to see a **doctor**

- If you think your child has an ear infection, it is a good idea to see the family doctor or call a home visiting doctor
- If it is painful and red on the bony area behind the ear



When to go to **hospital**

- Bleeding or discharge from the ear
- If you're worried or unsure
- You cannot get to a doctor

Helpline for free professional health advice around the clock:

NURSE-ON-CALL
1300 60 60 24



24 HOUR HEALTH ADVICE FOR ALL VICTORIANS

CROUP SIGNS AND SYMPTOMS.

- Begins as a cold
- Cough will sound like barking
- Sound squeaky when breathing in
- Hoarse voice
- Fever
- Coughing usually worse at night

CROUP.

- A type of virus
- Causes swelling of the voice box and windpipe
- Affects children 6 months to 5 years
- It can be worse at night
- It can get worse quickly so monitor for signs of breathing problems



WHAT YOU CAN DO FOR CROUP.



What you can do at **home**

- Encourage rest
- Encourage fluids
- Keep them calm
- Medication for discomfort



When a **pharmacist** can help

- Discuss medications for discomfort, such as paracetamol or ibuprofen



When to go to **hospital**

- If your child is under 6 months
- If your child is distressed



When to call **triple zero** (000)

- If they are struggling to breathe
- They are also drooling
- If they are also pale and drowsy
- Breathing faster or harder than normal
- Skin sucking in around ribs/throat

Victorian Government Supercare Pharmacies are open 24 hours a day, seven days a week, with a private consulting room and free registered nursing service on site from 6 pm to 10 pm, everyday.



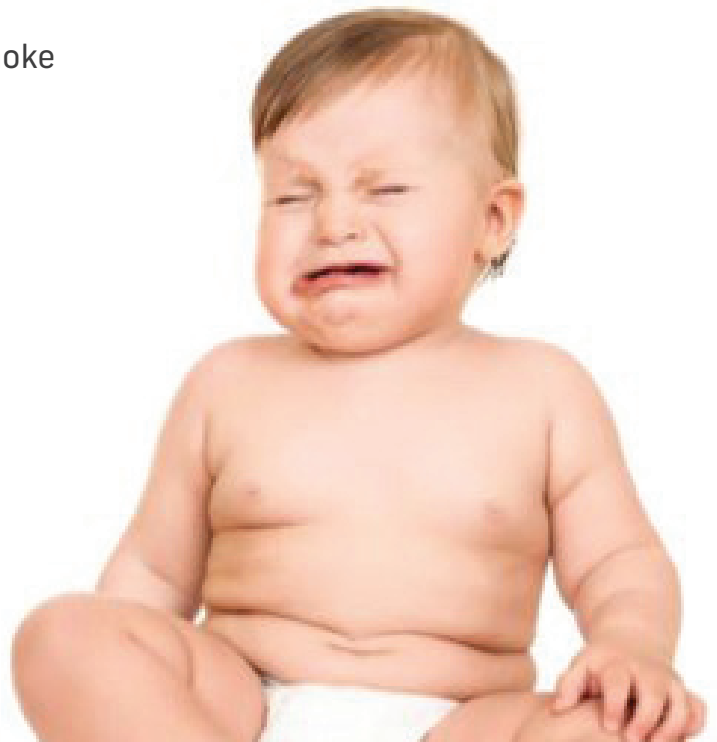
**Supercare
Pharmacy**

CHEST INFECTION SIGNS AND SYMPTOMS.

- Grizzly
- Fever
- Faster breathing
- Whistle when breathing out
- Decreased oral intake
- Laboured breathing

CHEST INFECTION - (BRONCHIOLITIS).

- Another common virus
- It affects the airways in the lungs
- Common in babies under 12 months, and up to 5 years
- They can be sick for up to 10 days
- They can continue to cough for 4 weeks
- Antibiotics do not help
- Made worse by exposure to cigarette smoke



WHAT YOU CAN DO FOR CHEST INFECTION.



What you can do at **home**

- What you can do at home
- Small, frequent feeds
- Plenty of rest
- Use treatment to help clear the nose, especially before feeds
- Medication for discomfort



When a **pharmacist** can help

- Instructions for nasal saline products, such as preservative-free drops or spray
- Discuss medications for discomfort, such as paracetamol or ibuprofen



When to see a **doctor**

- If they have trouble feeding
- If they have less wet nappies
- If their skin is pale** and sweaty
- If they change colour in the face when they cough



When to go to **hospital**

- Your baby was premature, or is younger than 10 weeks
- Your baby has chronic lung disease
- Your baby is Aboriginal or Torres Strait Islander
- If you're worried or unsure



When to call **triple zero** (000)

- If they are having trouble breathing



Keeping your child healthy in childcare or school!

PROUDLY SUPPORTING

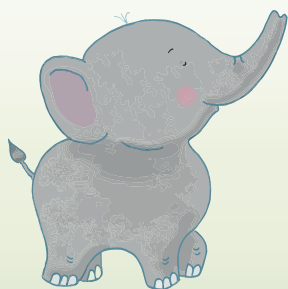


Colds and snotty noses are very common in babies and children. Children tend to catch more colds and have a lower resistance to germs than adults.



A gentle **preservative-free nasal saline spray** like Flo can help relieve cold and allergy symptoms by:

1. Washing out viruses and allergens in the nose
2. Clearing mucus in the nose resulting in easier breathing and sleep



Ask your Pharmacist for Flo!

ALWAYS READ THE LABEL. FOLLOW INSTRUCTIONS FOR USE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONAL.

Tell Me Baby Reviewers have not received any valuable consideration from Flo for their testimonial. Flo proudly supports the work of Asthma Australia. The Asthma Australia logo in this advert does not in any way constitute an endorsement by Asthma Australia of ENT Technologies or Flo products.

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ASTHMA SIGNS AND SYMPTOMS.

- Breathing faster and harder
- Heavy or squeeze feel in chest
- Wheezing or whistling
- Trouble saying a sentence
- Cough worsens at night
- Cough worsens after exercise

ASTHMA.

- Asthma is caused by the airways in the lungs becoming narrow
- This may be caused by something in the environment called a trigger
- Triggers can be dust, pollen, a cold, pets, cigarette smoke, exercise
- This makes the airways become swollen, have extra mucous and the bands of muscles become tight



WHAT YOU CAN DO FOR ASTHMA.



What you can do at **home**

- You should follow your Asthma Action Plan
- You will have a reliever medication (blue puffer) for acute symptoms
- You may also have a preventer medication to take everyday
- You can also use Asthma First Aid



When a **pharmacist** can help

- To buy reliever medication, the blue puffer (no doctor required)
- Instructions for how to best use your blue puffer
- To buy a spacer[^] and face mask to enhance medication delivery



When to go to **hospital**

- If your child is wheezy and coughing
- They have increased effort in their breathing
- Asthma is best managed with regular visits to your doctor
- To get an Asthma Action Plan for childcare or school



When to call **triple zero** (000)

- If they are having trouble breathing
- Your child is becoming distressed or limp
- Has deep sucking in around their chest or throat



Did You Know?

Spacers are designed to improve delivery of pressurised metered dose inhaler (puffer) medications in the lungs.



PROUDLY SUPPORTING



ASTHMA AUSTRALIA

Spacer with Small Mask

- Anti-Static - no priming needed
- Reusable, single patient use
- Latex & BPA free
- Environmentally friendly durable and recyclable materials
- Unique butterfly one way valve
- Universal 15mm - 22mm mouthpiece
- Click-apart chamber for easy cleaning
- **Clinically Proven***



The Butterfly Valve[®] prevents **backflow** of expired air and is an **auditory cue** for correct breathing in and out



Find in your local pharmacy or go to www.echamber.com
©2019 Bird Healthcare Pty Ltd, 18 Corporate Blvd, Bayswater VIC 3153

*visit www.echamber.com for references

ASTHMA FIRST AID

1



SIT THE PERSON UPRIGHT

- Be **calm** and reassuring
- **Do not leave** them alone

2



GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
 - Repeat until **4 puffs** have been taken

OR give 2 separate inhalations of Bricanyl (6 years or older)

OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)

OR give 2 puffs of Symbicort Rapihaler through a spacer (12 years or older)

If no spacer available: Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

3



WAIT 4 MINUTES

- If there is no improvement, **give 4 more separate puffs of blue/grey reliever** as above

OR give 1 more inhalation of Bricanyl

OR give 1 more inhalation of Symbicort Turbuhaler

OR give 2 puffs of Symbicort Rapihaler through a spacer

IF THERE IS STILL NO IMPROVEMENT

4



DIAL TRIPLE ZERO (000)

- Say **'ambulance'** and that someone is having an asthma attack
- Keep giving **4 separate puffs** every **4 minutes** until emergency assistance arrives



OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes

– up to a max of 4 more inhalations of Symbicort Turbuhaler

OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes

– up to a max of 8 more puffs of Symbicort Rapihaler

CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it is asthma
- **the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid**

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.



Translating and Interpreting Service
131 450



ASTHMA AUSTRALIA

1800 ASTHMA
(1800 278 462)

asthma.org.au

ASTHMA AUSTRALIA TRAINING.

10760NAT COURSE IN ASTHMA AWARENESS.

This course is specifically designed to promote the standard emergency management protocols for dealing with an asthma emergency, and raise participant's knowledge about the underlying causes of asthma, the triggers, and the recognition and treatment of asthma.

NOTE: This course meets current ACECQA requirements for Asthma Management Training.



Asthma Australia
TRAINING
BOOK TODAY



**ASTHMA
AUSTRALIA**
RTO No. 4987

Call us on 03 9026 7088 to make a booking.

GASTRO SIGNS AND SYMPTOMS.

- Fever
- No interest in food or drink
- Stomach pain
- Vomiting
- Diarrhoea
- Less active

GASTRO.

- Gastro is an illness in the tummy
- It can be caused by lots of different reasons
- But the common cause is a virus
- Gastro is very easy to pass on,
so hand washing is very important



WHAT YOU CAN DO FOR GASTRO.



What you can do at **home**

- Regular hand washing
- Most important is to keep your child drinking
- Offer smaller amounts fluid more often
- Try water, breast milk / formula



When a **pharmacist** can help

- Electrolyte replacement products



When to see a **doctor**

- If your child is <6 months
- They have vomiting and diarrhoea and not drinking
- If they cannot keep any fluids down
- Have blood in their poo
- Have green vomit
- Have decreased wet nappies
- Signs of dehydration (dry lips, mouth, tongue)



When to go to **hospital**

- If you're worried or unsure
- You cannot get to a doctor or pharmacist
- 'Soft spot' (fontanel) is sunken

Medication Examples



Electrolyte Replacements



Paracetamol



Ibuprofen



Antihistamines



Preservative-Free Salines



Adrenaline Auto-Injector



Blue Reliever Puffer

ALLERGY SIGNS AND SYMPTOMS.

- Rash and/or itchiness
- Tingling in or around mouth
- Stomach pain
- Vomiting
- Diarrhoea
- Swelling at site

ALLERGY.

- Allergic reactions are common
- The most common cause in children is food: eggs, peanuts, cows milk, soy, wheat, fish and shellfish
- Other reactions can be to bee, or other insect bites; grasses or trees
- Materials such as latex or metals
- Medicines such as antibiotics
- Many reactions are mild



WHAT YOU CAN DO FOR AN ALLERGY.



What you can do at **home**

- For a mild allergic reaction give a medicine called antihistamine
- If severe (anaphylaxis) and it is known, you should now have an action plan may include an auto injector pen (epi pen)



When a **pharmacist** can help

- Medications called antihistamines
- To buy auto injector to use with action plan
- For advice or treatments for itch, rash or other allergy symptoms



When to go to **hospital**

- If you're worried or unsure
- Persistent cough or wheeze



When to call **triple zero** (000)

- If they are having trouble breathing
- After administering an epi pen
- Swelling of the tongue or throat
- Pale** and floppy body
- Skin discolouration
- Severe reaction

10710NAT COURSE IN ALLERGY AND ANAPHYLAXIS AWARENESS.

The purpose of this course is to raise awareness of allergy and anaphylaxis in the community.

NOTE: This course meets current ACECQA requirements for Anaphylaxis Management Training.



Asthma Australia
TRAINING
BOOK TODAY



**ASTHMA
AUSTRALIA**
RTO No. 4987

Call us on 03 9026 7088 to make a booking.

SUMMARY.

- Illness and injury is common in children
 - A virus is the most common illness
 - Most things can be managed at **home**
 - Seek advice when required
 - Most **helplines** can help you triage symptoms
 - Some **helplines** have access to interpreters
 - Call an **ambulance** or go to **hospital** if things if you feel things are serious
-
- A first aid course is recommended to help you feel more confident
 - There are also courses for managing anaphylaxis or asthma

HILTAID003 PROVIDE FIRST AID.

This course is specifically designed to provide knowledge and skills providing a first aid response to casualty in the home, workplace and general community.

NOTE: This course follows current Australian Resuscitation Council (ARC) Guidelines. It is recommended that CPR knowledge and skills are refreshed annually.



Asthma Australia
TRAINING
BOOK TODAY



**ASTHMA
AUSTRALIA**
RTO No. 4987

Call us on 03 9026 7088 to make a booking.

CHOKING FIRST AID

1



GET THEM TO COUGH

- Stay calm
- Encourage coughing
- Monitor breathing

2



DO 5 BACK BLOWS

- Infants less than 1 year old: place face down on your knee
- Older children, sit and lean forward

3



DO 5 CHEST THRUSTS

- Give 5 sharp blows with the heel of your hand
- Check between each blow

IF CHILD STOPS BREATHING OR BACK BLOWS DON'T WORK OR SKIN DISCOLOURED

4



DIAL TRIPLE ZERO (000)



- Say 'ambulance' and that a child is choking. Make sure you tell them the child's age.
- Alternate five back blows and five chest thrusts until emergency help arrives.
- Check to see if the blockage has cleared between each thrust.

A man and a woman are sitting at a desk, looking at a laptop screen. The man is on the left, wearing a white shirt and a watch, and the woman is on the right, with her hand resting on her chin. The laptop is open in front of them.

Do you or **SOMEONE** **YOU LOVE** have **ASTHMA?**

Sign up for our Asthma Assist program for asthma management support.

You will receive:

An **e-Asthma Control Pack** including: helpful brochures, Asthma Action Plans, educational videos, and more.

A subscription to our **onAIR e-newsletter**, jam-packed with updates on asthma management, latest research and what Asthma Australia is doing to better support the one in nine Australians with asthma.

Visit www.asthma.org.au to find out more or call **1800 ASTHMA** Helpline (1800 278 462)



**ASTHMA
AUSTRALIA**

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phn
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MELBOURNE

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