



NHS
Mid Essex
Clinical Commissioning Group

Not sure what to do when your child is unwell?

Download the new free Mid Essex Child Health app and get expert advice on common childhood illnesses at your fingertips.

You might find it helpful to check symptoms for your little ones before deciding what to do and if you need to seek help.

Conditions covered include:

- Coughs, colds and flu
- Diarrhoea and vomiting
- Chicken pox and measles
- Earache and tonsillitis
- Wheezing and breathing difficulties including bronchitis and asthma
- Headlice, threadworms
- Bumps, bruises and accidents
- Meningitis
- Mental wellbeing
- Health lifestyles

There's also a handy section on when you should keep your child home from school.

www.midsexccg.nhs.uk/livewell/startwell



Search Mid Essex Child Health