

6

Keeping your child safe

As a parent, you will want to do everything you can to protect your child from illness and injury. This chapter shows you how to do this, by ensuring your child gets important immunisations at the right time, recognising the early signs of illness and making sure your child gets the treatment they need. It also explains how you can protect your child from danger without restricting their development.

- All children are offered a programme of routine immunisations designed to protect them from potentially life threatening diseases.
- Non-routine immunisations are available for children with specific health needs, or if you are planning to take your child abroad.
- Many common childhood illnesses are easy to treat and have no lasting effects.
- You can help your child avoid accidents by teaching them some basic safety rules and setting a good example.
- Following the safety checklist will help make your home, and the wider world, a safer place for your child.
- Be sun smart – sunscreen, hats and sensible clothes will protect your child from burning and damaging their skin.

Immunisations

By the age of two years, it is recommended that your child has the following vaccines:

- DTaP/IPV/Hib/HepB;
- PCV;
- Rotavirus;
- MenB;
- MMR;
- Hib/MenC.

Why do we need immunisation?

Immunisation is the best and safest way to help stop your baby becoming sick from various infectious diseases. Our immune system is the body's natural defence against disease. The immune system produces substances called antibodies which usually fight off infection and prevent disease. In some cases, though, our immune systems need a bit of help.



Vaccines are given to babies to strengthen their immune system by stimulating their body to produce antibodies. This means their body is ready to fight infection if they come into contact with the disease.

It takes a number of vaccines to fully protect your baby, so it's important to complete the course.

If your baby misses any of these vaccines, they can still catch up on most of them, even if there's been a long gap. Just ask your GP or health visitor to arrange to give them the dose they missed. They don't have to start the course again from the beginning.

Routine immunisations

Your GP's surgery or clinic will usually send you an appointment to take your baby for immunisation. If you think your child is due for an immunisation, but you have not received an appointment, contact your health visitor or GP.

Most surgeries and health centres run special immunisation or baby clinics. If you cannot get to the clinic, contact the surgery to make another appointment.

All childhood immunisations are free. It's important that your baby has their immunisations at the right age, to keep the risk of disease and any side effects as low as possible.

The doctor or nurse will explain the immunisation process to you and answer any questions you have. Most vaccines are given by injection into your baby's thigh

or upper arm, some are given orally or as a nasal spray. The table below shows what age children are when they receive their vaccines in Northern Ireland.

When to immunise

When to immunise	Diseases vaccine protects against	How it is given
2 months old	Diphtheria, tetanus, pertussis (whooping cough), polio, Hib and hepatitis B (6 in 1) Rotavirus Meningococcal B infection	One injection Orally One injection
3 months old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B (6 in 1) Pneumococcal infection Rotavirus	One injection One injection Orally
4 months old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B (6 in 1) Meningococcal B infection	One injection One injection
Just after the first birthday	Measles, mumps and rubella Pneumococcal infection Hib and meningococcal C infection Meningococcal B infection	One injection One injection One injection One injection
Every year from 2 years old up to P7	Influenza	Nasal spray or injection
3 years and 4 months old	Diphtheria, tetanus, pertussis and polio Measles, mumps and rubella	One injection One injection
Girls and boys 12 to 13 years old	Cancers caused by human papillomavirus types 16 and 18, including cervical cancer (in girls) and cancers of the mouth, throat, anus and genitals (in boys and girls) and genital warts caused by HPV types 6 and 11.	Two injections at least six months apart
14 to 18 years old	Tetanus, diphtheria and polio Meningococcal ACWY	One injection One injection

If you would like further information about immunisation, visit www.publichealth.hscni.net or pha.site/immunisation-and-vaccinations

Immunisation and premature babies

Premature babies are at greater risk of infection. They should be immunised according to the recommended schedule from two months after birth, regardless of how premature they were.

You can also check: www.publichealth.hscni.net or pha.site/immunisation-and-vaccinations

Most babies will not have any side effects, but all babies are different.

Your baby may get some of the side effects shown below but these are usually mild. It is important to remember that the risks from the disease are much worse than the rare side effects of the vaccine.

The vaccines

DTaP/IPV/Hib/HepB (6 in 1)

This vaccine protects against the following diseases:

- **Diphtheria** is a serious disease that usually begins with a sore throat and can quickly cause breathing problems. It can damage the heart and nervous system. In severe cases, it can kill. Before the diphtheria vaccine was introduced, there were up to 1,500 cases of diphtheria each year in Northern Ireland.
- **Tetanus** affects the nervous system, leading to muscle spasms, breathing problems and, in severe cases, death. It is caused when germs in soil and manure get into the body through open cuts or burns. Tetanus cannot be passed from person to person but is always present

in the soil, even in Northern Ireland.

- **Pertussis (whooping cough)** can cause long bouts of coughing and choking which can make it hard to breathe. It can last for up to three months. It can be very serious for young children and can even kill babies under one year old. Before the pertussis vaccine was introduced, up to 3,500 cases of pertussis were reported each year in Northern Ireland.
- **Polio** is a virus that attacks the nervous system and can permanently paralyse the muscles. If it affects the chest muscles or the brain, polio can kill. Before the polio vaccine was introduced, as many as 1,500 cases of paralytic polio occurred each year in Northern Ireland.
- **Haemophilus influenzae type b (Hib)** is an infection caused by *Haemophilus influenzae* type b bacteria. It can lead to a number of major illnesses, including blood poisoning (septicaemia), pneumonia and meningitis, serious bone and joint infection and a serious form of croup. The Hib vaccine only protects your baby against the type of meningitis caused by the *Haemophilus influenzae* type b bacteria, not against

any other type of meningitis. Illnesses caused by Hib can kill if they are not treated quickly.

- **Hepatitis B (HepB)** is an infection of the liver caused by the hepatitis B virus. In children, the infection can persist for many years and can sometimes lead to complications such as scarring of the liver (cirrhosis), which prevents it from working properly, or liver cancer. The hepatitis B vaccine only protects against the B type of the virus and three doses will provide long lasting protection for those children without additional risk factors.

DTaP/IPV/Hib/HepB (6 in 1 vaccine) vaccine side effects

- irritability up to 48 hours after having the injection;
- a mild fever;
- a small lump at the site of the injection. This could last for a few weeks and will slowly disappear.

For advice on treating a fever see page 143. If you think your baby has had any other reaction to the DTaP/IPV/Hib/HepB vaccine, talk to your GP, practice nurse or health visitor.

PCV

Pneumococcal vaccine protects your child against one of the causes of meningitis, and also against other conditions such as severe ear infections and pneumonia caused by the most common types of pneumococcal bacteria. This vaccine does not protect against all types of pneumococcal infection and does not protect against meningitis caused by other bacteria.

PCV vaccine side effects

Out of every 10 babies immunised, one or two may get swelling, redness or tenderness at the injection site or get a mild fever. Very rarely, a vaccine may cause an allergic reaction.

Rotavirus

Rotavirus can be a serious infection in young babies. It usually starts with your baby being sick for a couple of days, followed by severe diarrhoea which can lead to dehydration requiring hospital admission. In Northern Ireland several hundred children are admitted to hospital every year with rotavirus infection. Your baby needs to get the first rotavirus vaccine before 15 weeks and the second one before 24 weeks.

Rotavirus vaccine side effects

Occasionally, babies who have had the vaccine may be restless, tetchy or develop



mild diarrhoea. In very rare cases (about two in every hundred thousand babies vaccinated), the vaccine can affect the baby's lower gut and they may develop abdominal swelling, vomiting, and pull their knees up to their chests as if in pain – sometimes they may pass blood. If this happens, you should contact your doctor immediately.

MenB

This vaccine offers protection against meningitis and septicaemia (blood poisoning) caused by meningococcal group B bacteria. It does not protect against meningitis caused by other bacteria.

MenB vaccine side effects

- redness, swelling or tenderness where they had the injection (this will slowly disappear on its own within a few days);
- be a bit irritable and feed poorly;
- have a temperature (fever).

Fever is quite a common reaction after the MenB vaccine. It is not something to be concerned about. You can help to prevent it by giving your baby infant paracetamol after the MenB vaccines at 2 and 4 months of age. It is important to make sure you have some infant paracetamol available before taking your baby for his/her first MenB vaccine.

MMR

Since its introduction in the UK in 1988, the MMR vaccine has almost wiped out the following three diseases among children in Northern Ireland:

- **Measles** is caused by a very infectious virus. Children are usually very unwell with a high fever and rash. Children often have to spend about five days in bed and could be off school for 10 days. Adults are likely to be ill for longer. Around 1 in 15 children will be affected by complications, which can include chest infections, fits, encephalitis (swelling of the brain) and brain damage. In very serious cases, measles can kill. Measles is one of the most infectious diseases known. A cough or a sneeze can spread the measles virus over a wide area. Because it's so infectious, the chances are your child will get measles if they are not immunised.
- **Mumps** is caused by a virus which can lead to fever, headache and painful and uncomfortable swelling of the glands on the side of the face and under the jaw. It can result in permanent deafness, viral meningitis (swelling of the lining of the brain) and encephalitis. Rarely, it causes painful swelling of the testes in boys and ovaries in girls.

Mumps lasts about seven to 10 days. It is spread in the same way as measles.

- **Rubella**, or German measles, is caused by a virus. It causes a short-lived rash and swollen glands. In children, it's usually mild and can go unnoticed, but in unborn babies rubella can be very serious, damaging their sight, hearing, heart and brain. Rubella infection in the first three months of pregnancy causes damage to the unborn baby in 9 out of 10 cases. This condition is called congenital rubella syndrome (CRS). In many of the cases, pregnant women catch rubella from their own or their friends' children.

MMR vaccine side effects

The three different viruses in the vaccine act at different times. The first dose may cause the following side effects:

- Six to 10 days after the immunisation, as the measles part of the vaccine starts to work, about 1 in 10 children may develop a fever. Some also develop a measles-like rash and go off their food. For advice on treating a fever, see page 143.
- Rarely, children may get mumps-like symptoms (fever and swollen glands) about three weeks after their immunisation as the mumps

part of the vaccine starts to work.

- Very rarely, children may get a rash of small bruise-like spots in the six weeks after the immunisation. This is usually caused by the measles or rubella parts of the vaccine. If you see spots like these, take your child to the doctor to be checked. He or she will tell you how to deal with the problem and protect your child in the future.
- Fewer than one child in a million develops encephalitis (swelling of the brain) after the MMR vaccine, and there is very little evidence that it is caused by the vaccine. Remember that, if a child catches measles, the chance of developing encephalitis is much greater (between 1 in 200 and 1 in 5,000).

Side effects after the second dose of MMR are less common and usually milder.

Hib/MenC

Your child will need a dose of the combined Hib/MenC vaccine to protect them against meningococcal C (MenC) infection and to provide a booster dose of Haemophilus influenzae type b (Hib). This vaccine provides longer-term protection throughout childhood against two causes of meningitis and septicaemia (blood poisoning).

MMR and autism

Some years back, a number of newspaper stories appeared suggesting a possible link between MMR and autism. Some parents opted to delay their children's MMR immunisation or not to have it at all, leading to outbreaks of measles.

Although autism is increasingly recognised now, the increases were going on long before MMR was introduced. Parents often first notice signs of autism in children after their first birthday. MMR is usually given to children at about this age, but this doesn't mean that MMR causes autism.

Extensive research into the possibility of a link between the MMR vaccine and autism, involving hundreds of thousands of children, has been carried out in the UK and many other countries. No link has been found. Experts from around the world, including the World Health Organization, agree that there is no link between the MMR vaccine and autism.



Hib/Men C vaccine side effects

Your baby may have swelling, redness or tenderness at the injection site. About half of all babies who have the vaccine may become irritable, and about 1 in 20 could get a mild fever. Very rarely, a vaccine may cause an allergic reaction.

Flu

Immunisation against flu is now recommended for all children from their second birthday up to the end of P7. It needs to be given every year, and is given in the autumn. The vaccine that will be offered to nearly

all children is given as a liquid which is squirted from a syringe up the nose, meaning it is not painful and is easier to give. This vaccine helps protect children against seasonal flu. It also means they are less likely to pass the flu onto others who may develop serious complications when they get flu such as younger babies, older people and people with certain medical conditions.

Flu vaccine side effects

A runny or stuffed nose is the most common side effect following the nasal spray.

Non-routine immunisations

The following immunisations will only be given to babies and children whose background or circumstances puts them at particular risk of specific diseases.

Flu

Babies and young children with certain medical conditions are more vulnerable to getting serious complications and ending up in hospital, and even rarely dying from flu. For these babies the flu vaccine can be

given from six months of age and it is very important that a baby or young child with certain medical conditions get the vaccine every year. The conditions include chest conditions such as asthma, heart conditions, kidney disease, diabetes, lowered immunity to disease or treatment such as steroids or cancer therapy; a neurological condition or a condition that affects the nervous system, such as cerebral palsy and any other serious medical conditions. Check with your doctor if you are unsure.

BCG

The BCG vaccine protects against tuberculosis (TB), and is offered to those babies who are at most risk of coming into contact with someone with TB. They could be at risk if:

- a parent or grandparent was born in a high-incidence TB country;
- they will be living in a high-incidence TB country for more than three months;
- there is family history of TB within the past five years;
- they were born in a high-incidence TB country.

TB is an infection that usually affects the lungs but can also affect other parts of the body such as the lymph glands, bones, joints and kidneys. It can also cause a serious form of



meningitis in babies. Most cases can be cured with treatment.

BCG vaccine side effects

After the immunisation, a small blister or ulceration may appear where the injection is given. It's

best to leave this uncovered. It will heal gradually and may leave a small flat scar. If you are worried or think the ulceration has become infected, seek advice from your health visitor or GP.

Recognising and treating a fever

1. If your baby's face feels hot to the touch and they look red or flushed you should check their temperature with a thermometer (a fever is over 37.5°C).

A fever can occasionally bring on a fit or convulsion so it's important to bring their temperature down. Fits due to a high temperature are less common in the first six months of life.

2. Keep your baby cool by making sure:
 - they don't have too many layers of clothes or blankets on;
 - the room they are in isn't too hot (it shouldn't be cold either, just pleasantly cool - about 18°C).
3. Give them plenty of water to drink.
4. Give them infant paracetamol. When your baby has had the MenB vaccine as part of the two and four month vaccination, it is recommended that you give your baby **three doses** of infant paracetamol even if they have not developed a fever, at 4 to 6 hourly intervals. If your baby has a fever after the three month vaccination, you may also give them infant paracetamol.

Frequently asked questions

How do vaccines work?

Vaccines contain weakened organisms (bacteria or viruses) or tiny amounts of the chemicals that some organisms produce. These cannot cause disease but instead encourage the body's immune system to make antibodies (substances that fight off infection and disease) and memory cells. If your child comes into contact with an infection they have been immunised against, the memory cells will recognise it and be ready to protect them.

If diseases like polio and diphtheria have almost disappeared in the UK, why do we need to immunise against them?

In the UK, these diseases are kept at bay by high immunisation rates. Around the world, more than 15 million people a year die from infectious diseases. Over half are children under the age of five.

Immunisation doesn't just protect your child, it also helps to protect your family and the whole community, especially those children who, for medical reasons, cannot be immunised.

How do we know that vaccines are safe?

Before they can be licensed all medicines (including vaccines) are thoroughly tested to check their safety and effectiveness.

After they have been licensed, the safety of vaccines continues to be monitored. Any rare side effects that are discovered can then be investigated further.

All medicines can cause side effects, but vaccines are among the very safest. Research from around the world shows that immunisation is the safest way to protect your child's health.

Will having an injection upset my baby?

Your baby may cry and be upset for a few minutes, but they will usually settle down after a cuddle.

Will there be any side effects?

Side effects are less common than people think, and they are usually mild. Some babies will have some redness or swelling in the place where they had the injection, but this will soon go away. Others might feel a bit irritable or unwell, or have a slight temperature. See from page 139 for more information about the possible side effects of routine immunisations. Parents can report suspected side effects of vaccines and medicines through the Yellow Card Scheme online at www.yellowcard.gov.uk or by calling their hotline on freephone 0800 731 6789 (Mon to Fri 10.00am to 2.00pm).

Is it safe to take my baby swimming around the time of an immunisation?

Yes. You can take your baby swimming at any time before

and after their immunisation. Contrary to popular belief, your baby does not need any immunisations before they go swimming.

Are immunisations safe for babies with allergies?

Yes. Immunisations are safe for babies with asthma, eczema, hayfever and allergies. If you have any questions, speak to your GP, practice nurse or health visitor.

Are some babies allergic to vaccines?

Very rarely, children can have an allergic reaction soon after immunisation. This will usually be a rash or itching affecting part or all of their body. The GP or nurse giving the vaccine will know how to treat this. It is not a reason to avoid having further immunisations.

Even more rarely, children may have a severe anaphylactic reaction within a few minutes of the immunisation, leading to breathing difficulties and, in some cases, collapse. A recent study has shown that only one anaphylactic reaction is reported in about a million immunisations.

The people who give immunisations are trained to deal with anaphylactic reactions and, as long as they are treated quickly, children make a complete recovery.

Is there any reason why my baby should not be immunised?

There are very few reasons why babies cannot be immunised. Vaccines should not be given to babies who have had a confirmed anaphylactic reaction to a previous dose of that specific vaccine or to something in the vaccine.

In general, children who are 'immuno-suppressed' should not be given live vaccines. This includes children who are being treated for a serious condition (like an organ transplant or cancer) or who have a condition that affects their immune system, such as severe primary immunodeficiency. If this applies to your child, always tell your GP, practice nurse or health visitor before the immunisation. They will need to get specialist advice about live vaccines such as MMR, BCG, Rotavirus and Intranasal Flu.

What if my baby is ill on the day of the appointment?

If your baby has a minor illness without a fever, such as a cold, they should have their immunisations as normal. If your baby is ill with a fever, put off the immunisation until they are better. It's a good idea to book a replacement appointment straight away so the immunisation is not delayed by more than a week.

Hepatitis B

All pregnant women are offered a blood test to screen for hepatitis B in pregnancy. If they are found to have hepatitis B infection their baby will need to be immunised against hepatitis B at birth, one month and 12 months of age as well as having hepatitis B in the routine vaccinations at two, three and four months of age.

Hepatitis is an infection of the liver caused by viruses. Hepatitis B vaccine only protects against the B type of the virus, which can be passed through infected blood from mothers to their babies or body fluids from someone infected with hepatitis B. There is a risk that the baby could then become a carrier and develop serious liver disease later in life. To ensure adequate protection babies require a number of doses of the vaccine.

A blood test is carried out at 12 months to ensure that the baby of a hepatitis B positive mother has not contracted hepatitis B.

Hepatitis B vaccine side effects

The side effects of the hepatitis B vaccine are usually quite mild. There could be some redness and soreness where the injection is given. This lasts for a few days.

Travelling abroad

If your child is going abroad, their routine immunisations need to be up to date. They may also need extra immunisations. Contact your doctor or a travel clinic well in advance for up-to-date information.

Courses of most travel vaccines can be given over a four-week period, but you will need to allow more time if your child also needs a primary (first) course of the DTaP/IPV/Hib/HepB vaccine (see page 139).

If you don't have that much time before you leave, it's still worth going to a clinic.

For more information, go to nathnac.net





Common childhood illnesses

This section provides details about some common childhood illnesses. In each case, it gives:

- the incubation period (the time between catching an illness and actually becoming unwell);
- the infectious period (the time when your child can pass on the illness to someone else);

- a list of common symptoms to help you recognise the illness;
- advice on what to do.

Chickenpox

Incubation period: 10–23 days.

Infectious period: From four days before the rash appears to five days after.

Chickenpox and pregnancy

Keep your child away from anyone who is, or who is trying to get, pregnant. If your child was with anyone pregnant just before they became unwell, let the woman know about the chickenpox. In women who have not previously had chickenpox, catching it in pregnancy can cause miscarriage or the baby may be born with chickenpox.

Symptoms: Starts with feeling unwell, a rash and maybe a slight temperature. Spots are red and become fluid-filled blisters within a day or so and eventually dry into scabs which drop off. Spots appear first on the chest and back and then spread. Spots will not leave scars unless badly infected.



What to do: You don't need to go to your GP or to the emergency department unless you are not sure whether it's chickenpox, or your child is very unwell and/or distressed. Give them plenty to drink.

Sepsis

Sepsis is a rare but serious medical condition that results from baby's overwhelming response to an infection. Sepsis can occur in anyone at any time and from any type of infection affecting any part of the body. If your child has an illness which may include fever, cough, sore throat, vomiting and diarrhoea and if they develop any of the following symptoms, seek medical help:

- mottled blueish or pale skin;
- lethargic or difficult to wake;
- abnormally cold;
- breathing very fast;
- a rash that doesn't fade when you press it;
- fits or convulsions.

For further information visit sepsistrust.org

Infant paracetamol will relieve discomfort and fever. Baths and loose comfortable clothes can all ease the itchiness. Try to stop your child scratching or picking at their spots, as this will increase the risk of scarring. It's hard for children to do this, so give them lots of praise and encouragement. Distractions, like TV, are good for taking their mind off it. Let the school or nursery know in case other children are at risk.

Measles

Incubation period: 7–12 days.

Infectious period: From a few days before the rash appears until four days after.

Symptoms: Begins like a bad cold and cough with sore, watery eyes. Child becomes gradually more unwell, with a temperature. Rash appears after third or fourth day. Spots are red and slightly raised; they may be blotchy, but not itchy. Begins behind the ears, and spreads to the face and neck and then the rest of the body. Children can become very unwell, with a cough and high temperature. The illness usually lasts about a week. Measles is much more serious than chickenpox, German measles or mumps, and is best prevented by the MMR immunisation. Serious complications include pneumonia and death.



What to do: Your child will be quite unwell, so make sure they get lots of rest and plenty to drink. Warm drinks will ease the cough, and infant paracetamol or ibuprofen will ease discomfort and fever. You could also put Vaseline around their lips to protect their skin. If their eyelids are crusty, wash it away with warm water. If your child is having trouble breathing, is coughing a lot or seems drowsy, see your GP urgently.

Mumps

Incubation period: 14–25 days.

Infectious period: From a few days before starting to feel unwell until the swelling goes down.

Symptoms: At first, your child may be slightly unwell with a bit of fever, and may complain of pain around the ear or feeling uncomfortable when chewing. Swelling then starts on the side of the face, in front of the ear and under the chin. Swelling often starts on one side, followed (though not always) by the other. Your child's face will be back to normal size in about

a week. It's rare for mumps to affect boys' testes (balls). This happens rather more often in adult men with mumps. If you think your child's testes are swollen or painful see your GP.

What to do: Your child may not feel especially ill and may not want to be in bed. Infant paracetamol or ibuprofen will ease pain in the swollen glands. Check the package for the correct dosage. Give plenty of water to drink, but not fruit juices as they make the saliva flow, which can hurt and make your child's pain worse.

There is no need to see your GP unless your child has stomach ache and is being sick, or develops a rash of small red/purple spots or bruises.



Rubella (German measles)

Incubation period: 15–20 days.

Infectious period: From one week before the rash first appears until at least five days after.

Symptoms: Can be difficult to diagnose with certainty. Starts like a mild cold. The rash appears in a day or two, first on the face, then spreading. Spots are flat. On a light skin, they are pale pink. Glands in the back of the neck may be swollen. Your child will not usually feel unwell.

What to do: Give plenty to drink, and keep your child away from anybody you know who is trying to get pregnant or is up to four months pregnant. If your child was with anyone pregnant before you knew about the illness, you will need to let the woman know. If an unimmunised pregnant woman catches German measles in the first four months of pregnancy, there is a risk of damage to her baby.

Pregnancy and German measles (rubella)

Any pregnant woman who has had contact with German measles should see her GP. The GP can check whether or not she is immune and, if not, whether there is any sign of her developing the illness.

Parvovirus B19 (also known as fifth disease or slapped cheek disease)

Incubation period: Anywhere between 1–20 days.

Infectious period: For a few days until the rash appears.

Symptoms: Begins with a fever and nasal discharge. A bright red rash, like the mark left by a slap, appears on the cheeks. Over the next two to four days, a lacy type of rash spreads to the trunk and limbs. Although it is most common in children, the disease can occur in adults. In the majority of cases it has no serious consequences. Children with blood disorders such as spherocytosis or sickle cell disease may become more anaemic and should seek medical care. Rarely, in pregnant women who are not immune to the disease, it may affect the baby in the uterus.

Whooping cough (pertussis)

Incubation period: 5–21 days.

Infectious period: From the first signs of the illness until about three weeks after coughing first starts. If an antibiotic is given, the infectious period will continue for 48 hours after starting treatment.

Symptoms: Begins like a cold and cough. The cough gradually

gets worse. After about two weeks, extended bouts of coughing start.

These are exhausting and make it difficult to breathe. Younger children (babies under six months) are much more seriously affected and can have breath-holding or blue attacks, even before the cough appears. Your child may choke and vomit.

Sometimes, but not always, there will be a whooping noise as the child draws in breath after coughing. The coughing fits may not die down for several weeks and can continue for three months.

What to do: If your child has a cough that gets worse rather than better and starts to have longer fits of coughing more and more often, see your GP.

It's important for the sake of other children to know whether or not it's whooping cough. Talk to your GP about how best to look after your child and avoid contact with babies, who are most at risk from serious complications.



Meningitis and septicaemia

Meningitis is an inflammation of the lining of the brain. It is a very serious illness but, if it's picked up and treated early, most children make a full recovery. Septicaemia is blood infection, which may be caused by the same germs that cause meningitis. Septicaemia is also very serious and must be treated straight away.

In recent years, there has been a lot of concern about meningitis in children. There are several different types of meningitis and septicaemia and some can be prevented by immunisation (see page 137).

Early symptoms of meningitis and septicaemia may be similar to a cold or flu (fever, vomiting, irritability and restlessness). However, children with meningitis or septicaemia can become seriously ill within hours, so it is important to be able to recognise the signs.

The main symptoms of meningitis and septicaemia may include:

- fever (a temperature of 38°C or more in babies under three months and of 39°C or more in babies between three and six months);
- vomiting and refusing feeds;
- cold hands and feet;

The 'glass test'

Press the side of a clear tumbler firmly against the rash so you can see if the rash fades and loses colour under pressure. If it doesn't change colour, contact your doctor immediately. This rash can be harder to see on darker skin, so check for spots over your baby's whole body, especially on paler areas like palms of the hands, the soles of the feet, on the tummy, inside the eyelids and on the roof of the mouth. For more information, phone the Meningitis Research Foundation's free 24-hour helpline on 080 8800 3344 or go to www.meningitis.org



You can also ask your GP, practice nurse or health visitor for advice.

- skin that is pale, blotchy or turning blue;
- rapid or unusual patterns of breathing;
- irritability, especially when picked up (this can be due to limb or muscle pain);
- a high-pitched, moaning cry;
- shivering;
- red or purple spots that don't fade under pressure (do the glass test explained in the box above);
- floppiness and listlessness or stiffness with jerky movements;
- drowsiness, or your child is less responsive, vacant or difficult to wake;
- a bulging fontanelle;
- neck stiffness or a stiff neck.

Remember, not all infants and older children will develop all the symptoms listed above. If your child develops some of the symptoms listed above, especially red or purple spots, get medical help urgently. The rash does not always appear, if a child is sick get medical help even if there isn't a rash.



Reducing the risk of accident and unintentional injuries

Accidental injury is one of the biggest killers of children in the UK. It is second only to cancer.

Five key issues for the under fives:

- choking, suffocation and strangulation;
- falls;
- poisoning;
- burns and scalds;
- drowning.

Keep these items out of children's sight and reach

Batteries

From about six months babies start to put things to their mouths to investigate them. Always keep medicines, household cleaning products, washing tablets, liquid tabs (both washing machine or dishwasher ones) and small batteries out of the sight of children, preferably in a high, lockable cupboard. Other items that should not be left lying around include

e-cigarettes, liquid refills, plug-in air fresheners and sachets of air fresheners.

Accidents can be prevented! On average one child in six is taken to hospital each year.

Special care should be taken with the following household items

Nappy sacks are handy for disposing of used nappies, but they pose a hazard to children. To avoid danger of suffocation and choking, always keep nappy sacks and other plastic bags and wrappings away from babies and young children.

Hair straighteners – young children's skin is 15 times thinner than adults' skin. This means they can suffer painful burns more easily. To avoid the danger of serious burns and fire, turn hair straighteners off at the plug as soon as you've finished using them. Put them in a safe place to cool down out of the reach of children.

Blind cords – children can easily get blind cords caught around their necks and become unable to free themselves. Tie-up cords out of the reach of children using a cord shortener or cleat. Don't place a child's cot, bed, highchair, playpen or items of furniture near a window blind. For further information visit pha.site/blind-cord-safety

Safety checklist

The following safety advice is provided by the Child Accident Prevention Trust (CAPT). It is divided into three sections:

- safety for all under-fives;
- safety for babies before they can walk;
- safety for under-fives who can walk.

This is because accidents tend to relate to what a child can do, rather than to their age alone, and all children develop at slightly different rates. Parents are often taken by surprise when their child makes a sudden breakthrough in their development. These newly acquired abilities can be a cause of celebration, but sudden changes in ability can also be linked to serious childhood accidents.

Children have a knack of doing things – crawling, walking, climbing, opening a bottle, or whatever – before you expect it.

Fire safety

All fire and rescue services have community fire safety teams. You can find your local fire and rescue service, and get advice about home safety risk assessments and fire safety generally from www.nidirect.gov.uk

You can also phone your local fire and rescue service and ask for 'community fire safety' team. They can give you advice for your home and may be able to provide and fit smoke alarms free of charge.

Children of different ages need different approaches. Very young babies are completely dependent on adults for all their needs. They have absolutely no control over their environment and what is happening to them, and need an adult to keep them safe. When they start to wriggle and then crawl, they can get themselves into trouble, and this is why you need to take some simple precautions. Toddlers are keen to explore their surroundings but don't understand what might hurt them. They may repeat warnings back to you so you think they



understand, but it doesn't always mean that they do.

Exploring and playing are an essential part of learning, and children should not be 'wrapped in cotton wool'. Bumps and bruises are inevitable but you can do some simple things to make sure that your child doesn't get seriously injured.

Safety for all under-fives

House fires

It is safest not to smoke in the home if you wish to prevent house fires. If your home catches fire, you and your child could breathe in poisonous smoke. It's especially dangerous if the fire breaks out at night while you are all asleep.

- Fit smoke alarms on every level of your home. Test the batteries every week.
- Change the batteries every year or, even better, get alarms that have 10-year batteries, are wired into the mains or plug into light sockets.
- At night, switch off electrical items wherever possible before going to bed and close all doors to contain any fire.

Make sure that you always put cigarettes right out.

- Practise how you will escape if there is a fire, so you know what to do if the alarm goes off.

Carbon monoxide poisoning

Carbon monoxide is poisonous, but you cannot see it, smell it or taste it. To reduce the risk of carbon monoxide poisoning it is important to check that heating systems and chimney flues are safe – this is most easily done by having boilers and fuel burning appliances serviced at least once a year by a suitably qualified and registered engineer.



Homes should be properly ventilated and it is advisable to fit a carbon monoxide alarm when there is a flame burning appliance (such as an open fire or a gas, oil, coal or wood boiler). More information is available at www.publichealth.hscni.net or www.nidirect.gov.uk

In the car

If your child travels in a car they are required by law to travel in an appropriate child car seat until they are 12 years old or 135cm tall, whichever comes first.

There are a few different types of seats that will be suitable for your child.

Rear-facing is the safest way for your child to travel, an i-Size R129 seat must carry a child rear facing until they are at least 15 months old. There are some seats which will carry children in this position until they are much older, for example some are available with a 25kg weight limit, which is the age of an average seven year old. Rear-facing greatly reduces the forces on a child's delicate neck in a collision and dramatically reduces the risk of spinal cord injury.

Children should not move into a high back booster until they have the required pelvic and spinal bone development and maturity to use the seat correctly. R44 seats with a built in harness are designed to carry children who weigh between 9-18kg.

Currently there are two safety regulations that seats sold in the UK must comply with: ECE **R44/04**, which is weight based and the more recent **R129** or "i-Size" which is height based.

The best seat for your child is one that gives a solid installation in the vehicle that it is intended to be used in AND gives a good fit for your child. Always try the seat in your car before you buy it.

Choosing your seat:

- Ideally all under fours should use a rear facing harnessed seat. These will typically be Group 1 (R44/04) with a weight limit of 18kg or i-Size (R129) with a height limit of 105cm.
- If your child is higher centile (see Red Book for growth charts) they may outgrow these seats before safe boosting age, in which case an extended rear-facing up to 25kg seat would be recommended.
- Seat belt installation is just as safe as ISOfix, provided it is installed correctly. Always check the manual that comes with your child seat and ensure the retailer shows you how to install it correctly. Belt fitted seats should move no more than one inch when tested where the lap belt touches the seat.
- **Never** buy a second hand seat, it may have been in an accident and would not protect your baby in any future accident.



- Be aware of a seat's weight and height restrictions. A seat must **never** be used beyond the tested limits.
- Although it is still legal to use seats tested to R44/03 standard (but not to sell) it is not recommended. R44/03 seats could be up to 25 years old and although seats do not have an expiry date the materials can degrade over time. Manufactures recommend 6-10 years of use before a seat should be replaced. This also allows for advances in safety.

Safety considerations:

- It is **illegal**, and very dangerous, to put a rear facing seat in the front seat of a car with an active airbag. Some cars come with the function to deactivate the airbag (usually with the vehicle key) or your car dealership may be able to do this, check your vehicle manual. Your vehicle manual will also tell you which seat positions can be used for different child restraints.

- **Never** add anything to your car seat that has not been crash tested, as it may affect how your seat performs in an accident.
- **Never** place a child in a car seat with thick clothes on, as they can affect how well the harness hugs the body. Always layer blankets over the harness to keep your child warm and remove if needed, young babies can overheat easily.
- Always read the manual that came with your seat to ensure it is installed correctly and that your child is fitted in the seat correctly.
- For a rear facing seat the straps should be level with or no more than 2cm **below** the shoulders, for a forward facing seat the straps should be level or no more than 2cm **above** the shoulders.
- Never leave your child unattended in the car. Cars can get very hot very quickly and children can die in hot cars.
- For very low birth weight babies it is recommended to keep journeys short (below 30 minutes) in the first few weeks.

Bathwater scalds

These can result in very serious injuries, needing prolonged treatment and care, and can



even kill a child. Toddlers may play with the hot tap, scalding themselves and any other children who are sharing the bath with them.

- Never leave a child alone in the bath, even for a moment.
- Fit a thermostatic mixing valve to your bath hot tap to control the temperature at which the water comes out, to stop your child being badly scalded.
- Put cold water into the bath first, then add the hot water. Always test the temperature of the water before you put your baby or toddler in the bath. Use your elbow – the water should not feel either hot or cold.



Burns and scalds

- Fit fireguards to all fires and heaters and use a sparkguard too if you have a coal or wood fire. Guards can prevent under-fives falling or reaching into fires.

- Don't leave hot drinks in easy reach of little hands – babies and toddlers may grab at cups and mugs on low tables or the floor and pull the contents over themselves.

Drowning

Babies can drown in as little as 5cm (2 inches) of water and drowning is silent – you will not necessarily hear any noise or struggle.

- Stay with your baby all the time they are in the bath – never leave them even for a moment, even if there is an older brother or sister in the bath with them.
- If you use a bath seat, remember that it's not a safety device. You will still need to stay with your baby all the time.

Strangulation

- Make sure any cot toys have very short ribbons and remove them when your baby goes to sleep.
- Never hang things like bags with cords or strings over the cot.
- Tie-up curtain or blind cords well out of your baby's or toddler's reach.
- Don't tie a dummy to your baby's clothes as the tie or ribbon could strangle them.

Poisonings

Remember that child-resistant devices, such as bottle tops, strips of tablets and cigarette lighters, are not child-proof. Some children can operate these products, so store medicines, household chemicals (including cleaning products) and lighters out of sight and out of reach, or locked away safely.

Pet safety

Download the Dogs Trust factsheet *A new baby and the family dog* from pha.site/dogs-new-baby

Housing safety

If you live in rented accommodation, and are worried that your housing might be unsafe for you and your child, contact your housing association or your landlord.

Safety for babies before they can walk

At this stage of development, babies are completely dependent on you for their safety. Here is what you can do to keep them safe.

Falls

Babies soon learn to wriggle and kick, and it's not long before they can roll over, which means that they can roll off things. Once they learn to crawl, some babies may try to climb onto things, which increases the risk of falling.

Here are some things you can do:

- Change your baby's nappy on the floor.
- Don't leave your baby unattended on a bed, sofa or changing table – even for a second – as they could roll off.
- Don't put your baby in a bouncing cradle or baby car seat on a table or kitchen worktop – their wriggling could tip it over the edge.
- Use the handrail when carrying your baby up and down stairs in case you trip.
- Watch where you are putting your feet while carrying your baby – it's easy to trip over something like a toy.
- Use a five-point harness to secure your baby in a high chair.
- If the gaps between banisters or balcony railings are more than 6.5cm (2.5 inches) wide, cover them with boards or safety netting. Small babies may be able to squeeze their bodies through, but not their heads.
- Make sure low furniture is kept away from windows and that windows are fitted with locks or safety catches to restrict the opening to less than 6.5cm (2.5 inches) to stop babies climbing out. However, make sure adults know where the keys are kept in case of fire.
- Baby walkers are not recommended by health professionals. Baby walkers increase the risk of head injuries, burns, scalds and poisonings. Stationary activity centres provide a safe



When your baby can crawl

- Fit safety gates to stop them climbing stairs and falling down them. Close them properly after you go through the gate.



Button batteries

These small round batteries are found in a growing number of toys, remote controls and car keys. They can be extremely dangerous for children if swallowed, not just because of choking but also because they corrode quickly in the body and cause internal burns. See pha.site/button-batteries



alternative. Your baby should always be supervised.

Children who are not walking should spend time on the floor while you supervise. Crawling, shuffling and pulling themselves up support their motor development (how your child learns to use their muscles to make movements).

- Remove cot toys and cot bumpers as a baby can use them to climb on and may fall out of the cot.

Burns and scalds

A baby's skin is much thinner than an adult's and will burn much more easily. This means taking extra care at bath time. Also, remember that babies will grab at brightly coloured objects, like mugs.

- After warming milk for a bottlefeed, shake the bottle well and test the temperature of the milk by placing a few drops on the inside of your wrist before feeding. It should feel lukewarm, not hot.
- If you are having a hot drink, put it down when you are holding your baby. A wriggly

baby can cause you to spill the drink on them if you are holding both at the same time.

Choking and suffocation

Babies can choke very easily, even on their milk. They will also put small objects that can choke them in their mouths, even when they are quite young.

- If you give your baby a bottle, always hold the bottle and your baby during feeding.
- Keep small things like buttons, small batteries, coins, small pieces of fruit (like grapes) and small parts from toys out of reach.
- Once your baby has started on solid food, always cut it up. Babies can choke on something as small as a grape. Grapes and baby tomatoes should be sliced or halved lengthwise so they can't stick in your child's throat.
- Don't use pillows or duvets with babies under one as they can suffocate if their face gets covered. They will not be able to push the duvet away.

Keep children safe from poisoning

From about six months, babies will start to put things in their mouths.

- Keep all medicines locked away or high up out of reach and sight.

- Keep nappy sacks or plastic packaging out of the reach of children.

Safety for under-fives who can walk

At this stage of development, children can climb and do simple things like open containers. They will also put things in their mouth to explore taste and texture. This is all perfectly normal, but it can lead to injuries if you don't take care.

Out and about

- There will come a time when you need to start using a forward-facing child car seat. But you should carry on using your rear-facing seat for as long as you can as these provide better protection in a crash.
- When taking your toddler out of the car or putting them in, do it from the pavement side of the vehicle.
- Use a five-point harness to secure your child in a buggy.
- Keep cleaning products high up out of reach or, if this is not possible, fit safety catches to low cupboard doors. Try to choose cleaning products that contain a bittering agent. This makes them taste nasty, so children are less likely to swallow them.



- Trampolines are not recommended for children under 6 years of age (pha.site/rospa-trampoline).

House fires, burns and scalds

Toddlers will play with anything they can reach, and they learn very quickly.

- Use a harness and reins when out walking, or hold your child's hand tightly. It only takes a few seconds for them to run into the road.
- Set a good example when crossing the road by choosing a safe place and talking to your child about what you are doing.
- Under-fives are too young to be allowed to play in the street. Find a safe place for them to play outside, such as the garden or a playground.
- Use a kettle with a short or curly flex to stop it hanging over the edge of the work surface where it could be grabbed.
- When cooking, use the rings at the back of the cooker and turn saucepan handles towards the back so they cannot be grabbed by little fingers.
- It's best to keep your toddler out of the kitchen when preparing hot food and drinks, well away from kettles, saucepans and hot oven doors. You could put a safety gate across the doorway.
- Keep hot drinks well away from young children – a hot drink can still scald 20 minutes after it's been made.
- When you have finished using your iron or hair straighteners, put them out of reach while they cool down. Make sure your child cannot grab the flex while you are using them.
- Down them. Close them properly each time you go through the gate.
- Teach your child how to climb stairs but never let them go up and down on their own. Even four year olds may need some help.
- Don't use the top bunk of a bunk bed for under-fives – they can easily fall out.
- Make sure low furniture is kept away from windows and that windows are fitted with locks or safety catches. Make sure adults know where the keys are kept in case of fire.
- Make sure your child cannot get out onto a balcony without supervision. Do not put anything on a balcony your child could climb on, for example outdoor furniture, pots or boxes.
- Carry on using a five-point harness when your child is in their high chair.

For more information on road safety see www.roadsafetyni.gov.uk

Falls

When babies start to walk, they can be unsteady on their feet but can move very quickly. They tend to trip and try to climb.

- Until your baby is at least two years old, carry on using safety gates to stop them climbing stairs and falling

Choking and suffocation

At this stage, children will put everything and anything they can in their mouths. It's all part of learning, but even something as small as a grape can choke them.

- Cut large food up so it's small enough for little mouths, and don't give young children hard food like boiled sweets.
- Don't give peanuts to children under six months of age.
- Don't leave your children when they are eating, and encourage them to sit still, as running around while eating could make them choke.
- Keep small objects like coins, buttons or small parts from older children's toys away from toddlers.
- Keep plastic bags of all types out of reach and sight of young children so they cannot play with them and put them over their head.

Strangulation

Children of all ages can strangle themselves playing with cords. They are also prone to getting their heads stuck when they squeeze their body through small gaps. This can be particularly dangerous if their feet are off the ground.

- Don't put baby monitors with cords near the cot.

- Tie-up curtain or blind cords so they are well out of your toddler's reach or use one of the many cleats, cord tidies, clips or ties that are available.
- Don't leave any type of rope or cord lying around, including dressing gown cords.
- Stop them from trying to squeeze through rails or banisters.
- Keep garden play equipment well away from washing lines.

The law on blind cords

- All internal blinds sold must comply with 2014 standards.
- Professional installers must fit safety compliant blinds in all homes.
- All professional installers must fit safety devices.

The new standards aim to protect babies and small children by:

- Installation of child safe blinds in all homes whether children are present or not.
- Limitations on cord and chain lengths.
- Safety devices for preventing any cord or chains at the point of manufacture.
- The testing of all safety critical components of internal blinds.
- Safety warning and product instructions.



When installing blinds choose those that do not have a cord, particularly in a child's bedroom. Do not place a child's cot, bed, playpen or high chair near a window. Pull cords on curtains and blinds should be kept short and kept out of reach. Tie-up the cords or use one of the many cleats, cord tidies, clips or ties that are available. Blind cords should not be cut.

See the window blind video at www.makeitsafe.org.uk or the Make it safe leaflet www.bbsa.org.uk

Drowning

Toddlers can drown in quite shallow water, for example in baths or ponds. Remember, drowning is silent. You will not necessarily hear any noise or struggle.

- Never leave young children alone in the bath – even for a second.
- Empty the bath as soon as you have taken your child out.

Safety in the sun

For the benefits of sunshine and Vitamin D see page 56. Exposing your child to too much sun may increase their risk of skin cancer later in life. The following tips will help you protect your child:

- Keep your child out of the sun between 11am and 3pm when the sun is at its highest and most dangerous.
- Keep babies under the age of six months out of direct sunlight, especially around midday.
- Encourage your child to play in the shade – for example under trees.
- Don't let your child run around all day in a swimsuit or without any clothes on.
- Cover your child up in loose cotton clothes such as an oversized T-shirt with sleeves.
- Use waterproof sunblock factor 15 or above if your child is swimming. Re-apply after towelling.
- Cover exposed parts of your child's skin with a sunscreen, even on cloudy or overcast days. Use one with a sun protection factor (SPF) of 15 or above and which is effective against



UVA and UVB. Don't forget their shoulders, nose, ears, cheeks and tops of feet. Re-apply often.

- Be especially careful to protect your child's shoulders and back of neck when playing, as these are the most common areas for sunburn.
- Get your child to wear a 'legionnaire's hat' or a floppy hat with a wide brim that shades the face and neck.
- Protect your child's eyes with sunglasses with an ultraviolet filter made to British Standard 2724.

Children in hot cars

A number of babies and children die each year after being left in cars, especially if there has been a change in routine, or if parents have been distracted, stressed or overworked.

- Fence off, fill in or securely cover your garden pond if you have one.
- Watch toddlers in paddling pools or playing near water. Empty paddling pools straight after use.
- Make sure your garden is secure so your child cannot get into neighbouring gardens where there may be ponds or other drowning hazards.

Poisoning

Toddlers like putting things in their mouths to see what they taste like. They will also find all sorts of ways to reach things they think look like sweets.

- Keep cleaning products high up out of reach or, if that is not possible, fit safety catches to low cupboard doors. Try to choose cleaning products that contain a bittering agent. This makes them taste nasty, so children are less likely to swallow them.



- Keep all medicines locked away or high up out of reach and sight.



- Make sure bottle tops and lids are always firmly closed when not in use.
- Check your garden for poisonous plants and teach children not to eat anything they pick outdoors until they have checked with an adult.

Cuts, bumps and bruises

Toddlers just don't understand about danger and while minor cuts, bumps and bruises are part of growing up, there are things you can do to protect them from serious accidents or injuries.

- Use safety glass in low glass doors and windows or cover panes with safety film.
- Keep scissors, knives and razors out of reach.
- You can get special devices that stop doors from closing fully.
- This helps to prevent your child's fingers being trapped in doors. But at night, you should remember to close doors to stop fire spreading.

Tip over accidents

- Assess the stability of TVs and furniture in the home.



- Secure TVs by securing flat screens to a solid wall or place on a sturdy low base, keeping cords out of reach.
- Secure all heavy items of furniture or appliances.
- Check brackets/strap regularly.
- You can get corner protectors to protect your child's head from sharp corners on furniture.

Safety in the winter

- Seasonal risks to child safety may be due to shorter daylight hours and colder weather.
- When outside children should wear something to make them more visible. This should be something bright or fluorescent during the day and something reflective at dusk and in the dark.
- As the weather is colder, the heating will be on. Make sure all appliances (gas, oil or solid fuel) are regularly checked.

For more information about safety, call the Child Accident Prevention Trust on 020 7608 3828 or go to www.capt.org.uk

Child safety on the farm

Working farms have many hidden dangers and children can stray very quickly. Never allow your child to play on the farm. Children are at high risk from vehicles, machinery, drowning, falls and animals.

- If you have an open fire, chimneys need to be swept and kept clear of debris.
- Make sure antifreeze and screen wash are kept well out of reach like other household products.
- Make sure children are wrapped up warmly and changed out of wet clothes as soon as they get home.
- Ice is also a risk. Children are inquisitive and careful supervision around frozen lakes or waterways is required.



Teach your child that the farm is a workplace and can be dangerous. Be very vigilant also when your children's friends visit the farm.

- Securely cover or fence all slurry pits.
- Secure all chemicals, veterinary medicines and cleaning fluids. Never store in a soft drink bottle.

Top tips for 'sharenting'

From announcing a pregnancy by uploading ultrasound pictures to sharing children's milestones and achievements, technology has transformed the traditional family album into a shared, online experience described as 'sharenting'.

Unlike the family album, however, the online audience can be huge and include people who aren't really 'friends'. Sometimes sharenting is not respectful of children's privacy or dignity,

- Keep children a safe distance from animals.

especially when parents are frustrated and share content that could shame, embarrass or upset a child. If your child is not able to consent or is far too young, it's worth thinking about what it felt like when your own parents brought out the family album and showed other people your baby photos. Consider the future implications of your sharenting – do you want your child's future employer, class mates or partner to see that photo or read that story? To read more visit pha.site/sharenting

Safety equipment you should have

Windows

- Window restrictors

Blinds or curtains with cords

- Fit cord shortener or cleats

Open fires, stoves and hearths

- Sparkguard
- Fireguard

Bathroom

- Non-slip bath mats
- Toilet locks
- Bath thermometers

Furniture

- Brackets or straps to secure TVs, drawers and bookcases
- Furniture pads to cover sharp corners on furniture

Kitchen

- Fridge and freezer locks
- Fire blanket
- High chair with five-way safety harness

Cupboards

- Locks

Alarms

- Smoke alarms
- Carbon monoxide alarms

Doors

- Safety door stoppers

Stairs and steps

- Stair gates at top and bottom of stairs

First aid/emergency information

- First aid kit
- Basic first aid instructions
- Emergency numbers