

Limp advice sheet

Advice intended for parents/ carers taking their child home after seeing a healthcare professional



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



How is your child?



RED

If your child has any of the following:

- Is pale, mottled and feels abnormally cold to touch
- Is going blue around the lips
- Becomes extremely agitated, confused or very lethargic (difficult to wake)
- Has a fit / seizure
- Develops a rash that does not disappear with pressure (see the '[Glass Test](#)')
- If you think that your child has broken a bone

You need urgent help.

Go to the nearest Hospital Emergency (A&E) Department or phone 999



AMBER

If your child has any of the following:

- Is unable to put any weight on their leg
- Is no better after 48 hours
- Develops a fever above 38.5°C

You need to contact a doctor or nurse today.

Please ring your GP surgery or contact NHS 111 - dial 111 or for children aged 5 years and above visit

111.wales.nhs.uk



GREEN

If your child:

- Continues to have pain/limp that is slowly improving but he/she is otherwise well

Self Care

Continue providing your child's care at home.

If you are still concerned about your child, contact NHS 111 - dial 111 or for children aged 5 years and above visit

111.wales.nhs.uk

How can I help my child?

- Use painkillers such as ibuprofen and paracetamol to keep your child comfortable - please read and follow the instructions on the medicine container

www.abbHealthierTogether.cymru.nhs.uk