



Dentist

NHS dental treatment for children is free. Children need to be seen as soon as their first tooth appears (approx 6 months). Your child should have regular dental checkups, as often as your dentist recommends. You can help the health of your child's teeth by keeping sugary foods and drinks to mealtimes only.

Make cleaning teeth a fun activity and ensure your child has their teeth brushed regularly (at least twice a day) by a parent / carer until the age of 7-8 (when their co-ordination is good enough to tie their own shoelaces).

To join any NHS Dental Practice, please call the Dental Registration Line on 01726 627990.

If you have a dental emergency and do not have a dentist please call 01872 354375.

Emergency Department

The Emergency Department (ED) provides assessment and treatment of more serious injuries, such as badly broken bones, major cuts, and serious head injuries or burns.

You do not need an appointment to attend the ED, but your child may have to wait a short while to be seen while staff deal with more serious cases.

The ED deals with major illness and injuries. Please consider whether any of the other services listed on this leaflet are more appropriate before you attend the ED with your child.

To find information on health services in your area, you can also visit: www.nhs.uk/servicedirectories



Please ask if you would like to receive this document in large print, Braille, on CD or in any other languages.

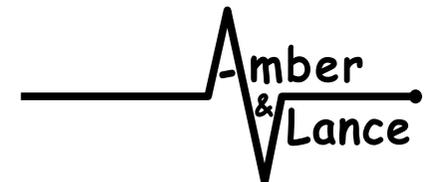
Please contact our Patient Advice and Liaison Service on 01726 627967 or palsteam@ciospct.cornwall.nhs.uk

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Parent and Carers Advisory Guide to NHS Healthcare Services

My child is sick, which is the most appropriate service for their needs?



If you are worried and unsure which is the most appropriate healthcare service for when your child is sick or hurt, this leaflet will explain all the options available to you.

Self help

It's easy to panic when your child is sick or hurt so try to stay calm and consider all the options first, as it could save you unnecessary travel and time.

Call NHS Direct

The NHS Direct helpline offers advice from trained nurses on a wide range of health related issues, from self care to an emergency service referral.

Call NHS Direct on 0845 46 47.

They will advise you and are available 24/7, 365 days of the year. You can also visit their website:
www.nhsdirect.nhs.uk



Visit your local pharmacy

Pharmacists and chemists offer advice on common problems such as coughs, colds, aches and pains, as well as healthy eating. They can help you decide whether your child needs to see a doctor.

You can walk into any community pharmacy and ask to speak with the pharmacist. You do not need to make an appointment. Most pharmacies now have a private consultation area where patients can discuss issues with pharmacy staff without being overheard.



Local General Practitioner (GP)

Your local GP surgery provides a wide range of family health services that include advice on health problems, vaccinations, examinations and treatment, prescriptions for medicines, referrals to other health services and social services.

Out of normal surgery hours you will be directed to the Emergency Doctor Service by phoning your usual surgery number. This service operates from 6.30pm to 8.00am Mondays to Fridays, and 24 hours a day at weekends and on Bank Holidays.

You can also access this service by phoning the Emergency Doctor Service call centre on 0845 2000 227.



Minor Injury Unit (MIU)

MIUs provide treatment for less serious injuries such as cuts, sprains and broken bones (fractures).

You do not need an appointment to visit a minor injury unit. They are run by a team of highly qualified nurses who have experience and expertise in treating minor injuries.

Minor injury units can treat:

- Broken bones
- Minor head injuries
- Sprains and strains
- Minor burns / scalds
- Wound infections
- Cuts and grazes
- Animal bites