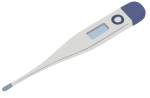# When kids get sick

Plenty of water to keep hydrated

Test their temperature

Have a first aid box and medicine cabinet and always check their expiry dates and read the instructions before administering to your child

Make them comfortable

Make sure they have plenty of rest

Check the colour of their skin and for any rash

Have emergency to hand a telephone to call for medical help