

# Stay in control of your child's health

**NHS**

Rates of winter infections are rising rapidly amongst children. When your child is unwell, be sure to know what to look out for and when to seek help using the FREE Healthier Together app. Developed by paediatricians, trusted by parents.

*"It's like a digital doctor for you at home."*

Using an easy-to-follow traffic light system, you'll find clear information on common childhood illnesses, including advice on what signs to look out for, when and where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.



RED



AMBER



GREEN



*"Brilliant. Simple, reassuring and helpful. Thank you!"*





Scan the QR code with a smart phone to visit **what0-18.nhs.uk**



Download the free 'Healthier Together' app



 @Health\_2gether  
 @Health2gether

