

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

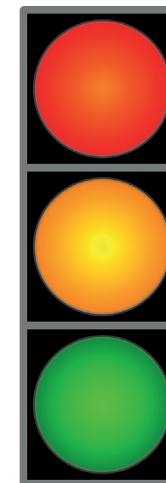
Opening times: 8am - 10pm

www.livewellsouthwest.co.uk

 Livewell Southwest

 @livewellsw

Traffic Light System Identifying Serious Illness in Children



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

GREEN

Follow the advice the Practitioner has given you if your child:

- Has normal skin colour
- Responds normally to social cues
- Is content / smiles
- Stays awake or wakens quickly
- Has a strong normal cry / not crying
- Has normal skin and eyes
- Has moist mucous membranes
- Has none of the symptoms described over the page

AMBER

Seek medical advice from your GP or NHS 111 if your child:

- Has pale skin
- Is not responding normally to social cues
- Is not smiling
- Wakes only after prolonged stimulation
- Is not as active as normal
- Has nasal flaring
- Has rapid breathing
- Has noisy breathing
- Has rapid pulse
- Has dry mucous membranes
- Is feeding poorly
- Is not drinking normally
- Is not passing urine
- Has had a fever for five days or more
- Is shivering
- Has swelling of a limb or joint
- Is not bearing weight on a limb, or not using an arm

RED

Attend the Emergency Department immediately if your child:

- Has pale, mottled, ashen or blue skin
- Shows no response to social cues
- Appears seriously ill to you
- Does not wake if aroused
- Does not stay awake
- Has a weak, high pitched or continuous cry
- Is grunting
- Has rapid breathing
- Chest appears indrawn / dipped
- Skin on back of hand does not return to normal when pinched
- Has had a fever for five or more days
- Has non-blanching rash
- Has neck stiffness
- Doesn't like the light / not focusing normally
- Has had a seizure