

# Lymphadenopathy advice sheet

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



## 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 or has pauses in their breathing (apnoeas) or has an irregular breathing pattern
- Severe difficulty in breathing - too breathless to talk or eat/drink
- Has a fit / seizure
- Becomes extremely agitated, (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)
- Develops a rash that does not disappear with pressure (see the '[Glass Test](#)')

**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:

- Continues to have a fever of 38.0°C or above for more than 5 days
- Develops pain and redness of the lymph node
- Lymph nodes increasing in size – bigger than a 10 pence coin
- Unexplained bruising
- Losing weight

**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.nhs.uk](https://111.nhs.uk)



GREEN

If your child:

- Continues to have enlarged lymph nodes that are slowly improving but he/she is otherwise well
- Small lymph nodes may persist for years

### 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.nhs.uk](https://111.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

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## Why does your child have enlarged lymph nodes?

- It is normal for lymph nodes in your child's neck to be enlarged when they have an infection such as a sore throat. This is your child's normal response to fighting common infections. Antibiotics are not normally required.
- Children with severe eczema commonly have enlarged lymph nodes. This will improve with treatment of your child's eczema.

## What should you look out for?

- Occasionally, enlarged lymph nodes can become infected. If the lymph node is painful, red and hot, your child will need to see a healthcare professional because they may need treatment with antibiotics.
- If your child has been prescribed antibiotics for an infection of their lymph node and still has a fever after 2 days, they will need to be seen again.

## How long will it take for my child to get better?

- Your child should start getting better within a couple of days but their lymph nodes may take 2-4 weeks to improve. Small lymph nodes may persist for years.



Painless enlarged lymph nodes on both sides of the neck (bilateral) associated with a sore throat - likely to improve without treatment



Painful, hot swelling on left side of neck caused by an infected lymph node – requires treatment with antibiotics