

# Advice for parents during coronavirus

It can be confusing to know what to do when your child is unwell during the coronavirus outbreak. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Only one parent will be able to attend A&E with their child. Please use the provided hand sanitisers and maintain social distancing. Remember: if your child is unwell, seek advice and medical attention. Here is some advice to help:



## RED

### If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch.
- Severe breathing difficulty - long pauses in their breathing, an irregular breathing pattern, starts grunting, going blue, or breathless to talk / eat / drink.
- A fit/seizure (unless these are expected).
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive.
- Develops a rash that does not disappear with pressure (the 'Glass test').
- Under 3 months of age with a temperature of 38°C / 100.4°F or above (fever is common in babies up to 2 days after they receive vaccinations).
- Testicular pain, especially in teenage boys.
- Taken an overdose and need urgent medical help.
- **If you are frightened because your child looks very unwell.**

### You need urgent help:

Go to the nearest A&E department or call 999



## AMBER

### If your child has any of the following:

- Finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession).
- Seems dehydrated (sunken eyes, drowsy or no urine passed for 12 hours).
- Becoming excessively sleepy or irritable (unable to settle with toys, TV, food or comfort) - especially despite a fever coming down.
- Extreme shivering or muscle pain without an obvious explanation.
- Infants 3-6 months of age with a temperature of 39°C / 102.2°F or above.
- All infants and children with a fever of 38°C or above for more than 5 days.
- Persistent vomiting.
- Worsening or persistent abdominal pain.
- Blood in their poo or wee.
- Increasingly thirsty and weeing more.
- Any limb injury causing reduced movement or persistent pain.
- Head injury causing persistent crying or drowsiness.
- **Is getting worse or if you are worried.**

**Immediately contact your GP and make an appointment for your child to be seen that day or call NHS 111 - dial 111.**

We recognise that during the current COVID-19 crisis, at peak times, access to a healthcare professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, then consider taking them to your nearest A&E.



## GREEN

### If none of the above features are present:

- If your child has any symptoms suggestive of COVID-19 (high temperature, new continuous cough or loss of taste/smell) then arrange for your child to be tested via the NHS testing website or by calling 119. You and anyone in your support bubble must remain at home (isolate) until your child's test results are back.
- If your child has been burned, visit <https://safetea.org.uk/first-aid/> for first aid advice and for information about when to seek medical attention.

**Continue providing your child's care at home.**

If you are still concerned about your child, call NHS 111 - dial 111.



## MENTAL HEALTH

- If you are worried and your child is known to child mental health services (CAMHS), please contact them.
- If your child needs urgent mental health support or advice, visit <https://www.nhs.uk/service-search/mental-health> for local services and 24/7 urgent helplines, or text SHOUT to 85258
- If you notice any self-harm injuries on your child, please contact the NHS 24/7 Mental Health online support (visit <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>) or your GP.
- If you are worried about an eating problem/disorder, contact BEAT (visit <https://www.beateatingdisorders.org.uk/support-services>) or your GP.
- Helpful advice is also available on Every Mind Matters (<https://www.nhs.uk/mental/wellbeing>) and MindEd for Families (<https://www.mindedforfamilies.org.uk/>).