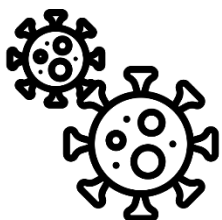


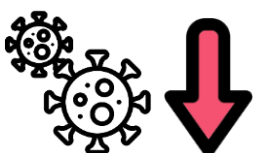
Advice for parents and carers during Covid



During Covid it can be very confusing to know what to do when your child is unwell



It's important to remember we are still providing safe care



There are lots of changes at GP practices and hospitals - these changes help lower the chance of infection



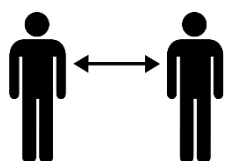
- only one parent or carer can go to A and E with their child



- use the hand sanitisers we provide



- wear a face covering inside



- keep social distancing

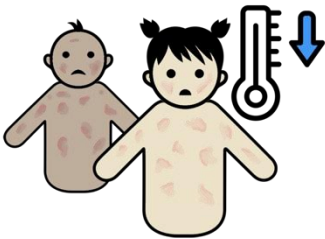
If your child is not well it's important to get advice and medical help

Red



If your child has any of the following you must get urgent help

Go to your nearest **A and E** or call **999**



- pale and blotchy skin that feels colder than normal

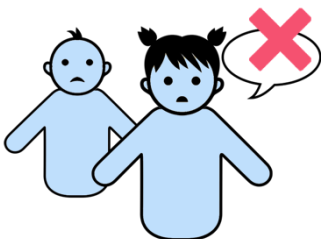


- severe breathing problems - things like

→ long pauses between breaths



→ irregular breathing

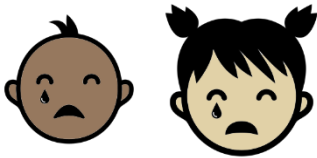


→ turning blue

→ too breathless to talk, eat or drink



- has an unexpected fit or seizure



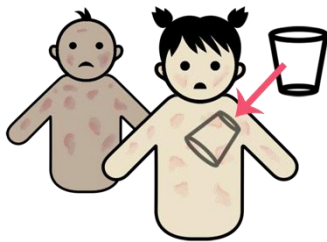
- becomes very upset – crying for a very long time even when comforted



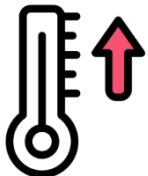
- confusion



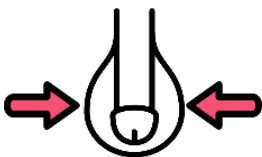
- sleepy all the time and hard to wake up - or not responding when they are awake



- has a rash that doesn't go when a glass is lightly pressed against the skin



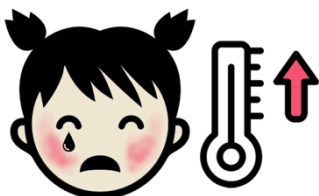
- **under 3 months old** with a temperature of **38** degrees or more



- pain in the testicles – especially in teenage boys



- has hurt themselves badly and needs medical help



- you are frightened because your child looks very unwell

Amber



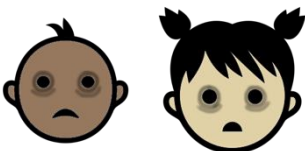
If your child has any of the following, call your GP straight away and ask for a same day appointment or call **111**



- finding it hard to breathe – including drawing in of tummy and neck muscles

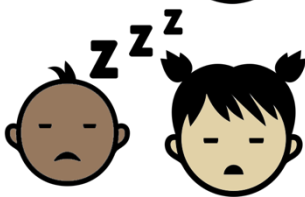


- dehydration - dehydration means your child has not had enough to drink



They may

→ have sunken eyes



→ be drowsy



→ not have had a wee for **12 hours**



- very sleepy or grumpy – not settling, even with the offer of food, tv, toys or comfort



- a lot of shivering or muscle pain



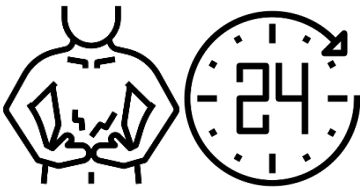
- babies aged from **3 to 6 months** with a temperature of **39 degrees** or more



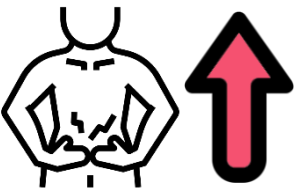
- babies and children with a temperature of **38 degrees** or more for more than **5 days**



- always being sick (vomiting)



- always having a tummy pain



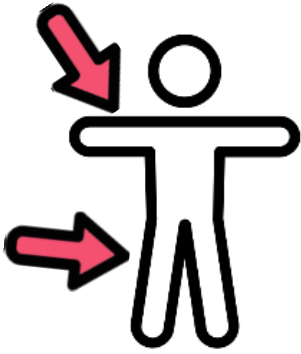
- a tummy pain that is getting worse



- blood in their poo or wee



- drinking more and weeing more



- a leg or arm injury that is
 - painful and not getting better
 - making it hard to move



- a head injury that is
 - causing **crying** that doesn't stop
 - causing **sleepiness**



If symptoms are getting worse or you are worried, call your GP straight away and ask for a same day appointment or call **111**



Covid means it can take longer than usual to get healthcare advice – you may want to take your child to the nearest A and E if...

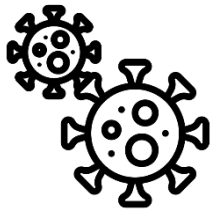


- symptoms have lasted for **4 hours** or more
- you haven't been able to speak with your GP
- you haven't been able to speak with someone from NHS 111

Green



If your child has no **red** or **amber** symptoms, care for them at home and look out for any new symptoms



- if your child has symptoms that might be Covid, things like



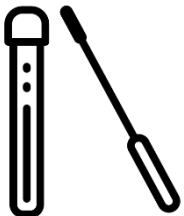
→ a high temperature



→ a new cough that doesn't stop



→ loss of taste or smell



arrange for them to be tested by calling **119** or to visit the **NHS covid testing website**

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/>



You and anyone in your support bubble must stay at home until the test results are back



If your child has been burned, you can get online first aid advice and information from the SafeTea website here



<http://safetea.org.uk/first-aid/>



It will tell you when you need to get medical help



Carry on caring for your child at home - if you are still worried about your child you can call **111**



or you can go to the NHS 111 website

<https://111.nhs.uk/>

Mental health



If you are worried about your child and they are known to the **Child and Adolescent Mental Health Service (CAMHS)** - please get in touch with the CAMHS team

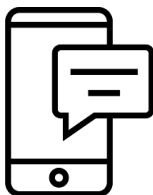


Here are some websites offering urgent mental health support or advice for your child



You can take a look at the NHS local services and 24 hour urgent helplines website here <https://www.nhs.uk/service-search/mental-health>

shout
85258



or you can text **SHOUT** to **85258**



If your child has self harm injuries, you can take a look at the NHS 24 hour mental health online support website here <https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/where-to-get-urgent-help-for-mental-health/>



or contact your GP



If you are worried about your child having an eating disorder or eating problems - you can get support from **BEAT** (Beating Eating Disorders)



You can take a look at their website here <https://www.beateatingdisorders.org.uk/get-information-and-support/>



or contact your GP

More information and support with mental health



- you can take a look at the NHS Every Mind Matters website here <https://www.nhs.uk/every-mind-matters/>



- you can take a look at the MindEd for Families website here <https://www.mindedforfamilies.org.uk/>