

# Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



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## If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- 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')
- Has testicular pain, especially in teenage boys

## You need urgent help:

Go to the nearest A&E department or phone 999



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## If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

## You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



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## If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies 
- Additional **advice** is available for children with complex health needs and disabilities.

## Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

## Parents frequently asked questions

Update 9 June 2020

The Connecting Care for Children team, with our Practice Champion Hanan Ghouneim, have been pulling together useful information to help answer questions from local parents:

### What does it look and sound like if my child is having difficulty breathing?

If your child is having severe difficulty in breathing they might make a grunting sound <https://what0-18.nhs.uk/resources/clips-abnormal-signs-babies/grunt>

If your child is finding it hard to breathe they might suck their stomach in under their ribs, at their neck or between their ribs <https://what0-18.nhs.uk/resources/clips-abnormal-signs-babies/recession> or they might start head bobbing <https://what0-18.nhs.uk/resources/clips-abnormal-signs-babies/head-bobbing>

### How do I do the 'glass test' and what does the rash look like?

A quick video of what the glass test looks like <https://www.youtube.com/watch?v=hcQGlv0dUOY>  
St John's Ambulance explains the symptoms of Meningitis and how to do the glass test <https://www.youtube.com/watch?v=DfmWLBhKZck>

### What does the Coronavirus cough sound like?

Laura Foster, BBC News' Health and Science Reporter, explains the cough and fever symptoms of coronavirus in adults [children might have a fever or show other signs of illness such as a headache, tummy ache, vomiting or diarrhoea with no cough]: <https://www.bbc.co.uk/news/av/health-51934576/how-do-i-know-if-i-have-coronavirus>

### When should I worry if my child has symptoms of coronavirus?

Children can get coronavirus (COVID-19), but they seem to get it less often than adults and it's usually less serious. See the NHS advice for parents and what to do if your child has some of the coronavirus symptoms: <https://what0-18.nhs.uk/popular-topics/coronavirus>

### Can I give my child ibuprofen to help with coronavirus symptoms?

'Parents can give either paracetamol or ibuprofen, if needed, to treat symptoms of fever or pain unless your doctor has told you paracetamol or ibuprofen is not suitable for your child.'  
<https://www.rcpch.ac.uk/resources/anti-inflammatory-medicines-covid-19-advice-parents-carers>

### What are the at risk health conditions for children?

'Protecting your child from infection including shielding the most vulnerable' has advice for parents on children who are at higher risk of getting a severe infection: <https://what0-18.nhs.uk/popular-topics/coronavirus>

### How do I know if my child has severe asthma?

For advice on what counts as high risk asthma see the shielding advice for very high risk groups: <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/shielding-advice-high-risk/>

### What should I do about routine vaccinations?

GP surgeries are making special efforts to make it safe for babies and children to still have their vaccinations e.g. using a separate entrance. **It is important that your child still has their routine vaccinations.** Contact your GP if you know your child is due a routine vaccination. <https://www.nhs.uk/conditions/vaccinations/booking-your-childs-vaccination-appointment/>

### How can I get an emergency dentist appointment for my child?

In England, some routine dental treatments are available again. Call or email your dentist. If you need urgent dental treatment, call your dentist or use **NHS 111 online**: <https://www.nhs.uk/common-health-questions/dental-health/how-can-i-access-an-nhs-dentist-in-a-emergency-or-out-of-hours/>

### What if I'm worried about my children's mental health?

Good Thinking provides mental health and wellbeing advice for parents in London. They also have specific resources for autism, eating disorders and ADHD: <https://www.good-thinking.uk/coronavirus/advice-for/>