# FOR PARENTS

## A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT **WWW.NHS.UK** 

Designed by primary and secondary care clinicians from Barts Health & North-East London STP; endorsed by South East London ICS

## YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

## APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- Collapsed/unresponsive/loss of consciousness
- No obvious pulse or heartbeat
- Severe allergic reaction

## **BEHAVIOUR**

- Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- Seizure/jerking movements/fit

## YOU SHOULD GO TO A&E IF

#### APPEARANCE

- Dizziness/feeling faint
- Rash that does not fade when you press it

## **BEHAVIOUR**

Severe constant tummy pain

## OTHER

- ▶ Burn
- Possible broken bone

## OTHER

OTHER

BREATHING

Flaring nostrils

Noisy breathing

 Swallowed foreign objects (especially magnets/batteries)

Sucking in and out between ribs

Extremely fast breathing

10 minutes of pressure

- Temperature higher than 38°C in a baby younger than three months old
- Your child has special health care needs and you have a plan that tells you to go to A&E

Bleeding from an injury, that doesn't stop after

- ► Feels abnormally cold to touch
- Expressing suicidal/significant selfharm thoughts

## YOU SHOULD CALL YOUR GP IF

## APPEARANCE

- Mild/moderate allergic reaction (known or suspected)
- New rash that fades when you press on it

## **BEHAVIOUR**

- Mild irritability/sleepier than normal
- Tummy pain that comes and goes
- Vomiting and diarrhoea
- Not passed urine for more than 12 hours

## BREATHING

Wheezing/fast breathing

#### OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for more than 5 days
- Ear pain for more than 2 days
- Emotional distress, that can't be reassured

## YOU SHOULD CONTACT NHS111 (BY PHONE OR ONLINE AT www.111.nhs.uk) IF

## APPEARANCE

Pink eyes/red eyes

## **BEHAVIOUR**

- Ear pain for less than 2 days
- Mild tummy pain that comes and goes

## BREATHING

- Cough
- Runny nose

## OTHER

 If you have any general concerns or queries related to Covid-19

