FOR PARENTS

A SPECIAL COVID-19 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). While the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance around what to do if your child shows any of the following symptoms or signs.

NHS

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

Designed by primary & secondary care clinicians from Barts Health NHS Trust & East London Health & Care Partnership

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

BREATHING

- Sucking in and out between ribs
- Flaring nostrils
- Extremely fast breathing
- Unusually noisy breathing

OTHER

- Bleeding from an injury that doesn't stop after 10 minutes of pressure
- Fever with a stiff neck

YOU SHOULD GO TO A&E IF:

APPEARANCE

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

BEHAVIOUR

- Severe tummy pain

OTHER

- Burn
- Possible broken bone

OTHER

- Swallowed foreign objects (especially magnets/batteries)
- Temperature higher than 38°C in a baby younger than 3 months old
- Your child has special health care needs and you have a plan that tells you to go to A&E
- Feels abnormally cold to touch
- Expressing suicidal/significant self harm thoughts
- Head injury

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
- Moderate tummy pain
- 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 5 days or more
- Accidental overdose of medication or other substances
- Ear pain for more than 2 days
- Emotional distress (where your child can't be reassured)

YOU SHOULD USE 111 ONLINE OR CALL 111 IF:

APPEARANCE

- Pink eyes/red eyes

BEHAVIOUR

- Ear pain for less than 2 days
- Mild tummy pain

BREATHING

- Cough
- Runny nose

OTHER

- Temperature over 38°C for less than 5 days