

# 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](http://www.nhs.uk)

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

## 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
- ▶ Noisy breathing

### OTHER

- ▶ Bleeding from an injury, that doesn't stop after 10 minutes of pressure

## 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

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ 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
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts

## YOU SHOULD CALL YOUR GP IF

### APPEARANCE

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

### BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Severe 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 7 days
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress, that can't be reassured

## YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST 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

- ▶ Temperature over 38°C for less than 7 days