




# Coronavirus - Advice for parents

## 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:

 <b>RED</b>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"> <li>Becomes pale, mottled and feels abnormally cold to the touch</li> <li>Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting</li> <li>Severe difficulty in breathing becoming agitated or unresponsive</li> <li>Is going blue round the lips</li> <li>Has a fit/seizure</li> <li>Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive</li> <li>Develops a rash that does not disappear with pressure (the 'Glass test')</li> <li>Has testicular pain, especially in teenage boys</li> </ul>	<p><b>You need urgent help:</b></p> <p>Go to the nearest A&amp;E department or phone 999</p>
 <b>AMBER</b>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"> <li>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</li> <li>Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)</li> <li>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</li> <li>Has extreme shivering or complains of muscle pain</li> <li>Babies under 3 months of age with a temperature above 38°C / 100.4°F</li> <li>Infants 3-6 months of age with a temperature above 39°C / 102.2°F</li> <li>For all infants and children with a fever above 38°C for more than 5 days.</li> <li>Is getting worse or if you are worried</li> <li>Has persistent vomiting and/or persistent severe abdominal pain</li> <li>Has blood in their poo or wee</li> <li>Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness</li> </ul>	<p><b>You need to contact a doctor or nurse today.</b></p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>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&amp;E</p>
 <b>GREEN</b>	<p><b>If none of the above features are present</b></p> <ul style="list-style-type: none"> <li>You can continue to provide your child care at home. Information is also available on NHS Choices</li> <li>Additional advice is available to families for coping with crying of well babies <b>ICON</b></li> <li>Additional advice is available for children with complex health needs and disabilities.</li> </ul>	<p><b>Self care</b></p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>

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During the current situation while the government is asking everyone to stay at home, it can be confusing to know what to do.

Here is some guidance.

**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

## **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 doesn't fade when you press it

### **Behaviour**

- Severe constant tummy pain

### **Other**

- Burn
- Possible broken bone
- Swallowed foreign objects (especially magnets/batteries)
- Temperature higher than 38C in a baby younger than three months old
- Your child has special healthcare 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 you 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
- Severe tummy pain that comes and goes
- Vomiting and diarrhoea
- Not passed urine for more than 12 hours

## Breathing

- Wheezing/fast breathing

## Other

- Temperature above 39C (age 3-12 months)
- Temperature over 38C 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 is less than 2 days
- Mild tummy pain that comes and goes
- Breathing
- Cough
- Runny nose

### Other

- Temperature of 38C for less than 7 days