

Dear Patient,

### **Social Distancing Measures when asked to attend the Practice**

Social distancing measures are very important and should be followed by everyone, especially those who have been asked to attend the practice by our Clinical Team. When attending the practice for a pre-arranged face-to-face appointment, you must wait in your car until the Clinician telephones your mobile or presents at your car.

If you do not have a car, we ask that you wait at the bottom of the steps, at the side entrance, 2 metres away from the steps, and 2 metres away from others, until you are called or asked to enter by the Clinician. This is to minimise the risk of contact between you and others, and also staff and patients entering or leaving the practice.

### **Children who may become unwell**

As you may be aware there has been current information in the media on a condition affecting children which may be related to COVID-19. We wanted to take this opportunity to reassure you that this is a **very rare condition** and there have been very few cases in UK and other countries.

Understandably this may be causing some concern around when you should seek help for your child. We would ask you refer to this [clinical advice](#) enclosed detailing some of the symptoms your child may display and what you need to do if they are present.

If you are concerned about your child, please contact the surgery to arrange a video consultation with a Doctor. We are still available for advice and assessment if required.

Yours sincerely



Dr Andrew Johnson



Dr Maher Al-Ausi

# 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



AMBER

## 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



GREEN

## 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