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:

NHS

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

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