

# 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 to the Accident & Emergency Department particularly when everyone is being asked to stay at home. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT [WWW.NHS.UK](http://WWW.NHS.UK)

### 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 self-harm thoughts

### YOU SHOULD CALL YOUR GP IF

#### APPEARANCE

- Mild/moderate allergic reaction (known or suspected)
- New rash that fades when you press 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 of 39°C or more (aged 3-12 months)
- Temperature of 38°C for more than 5 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 NHS 111 OR COMMUNITY PHARMACIST IF

#### APPEARANCE

- Pink or 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 5 days