

## Frequently asked questions for parents regarding COVID-19

### What symptoms should I look out for?

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Most people with coronavirus have at least one of these symptoms.

### What should I do if my child has symptoms?

If your child has one of these symptoms, get a test to check if they have coronavirus as soon as possible. You can find out how and where to get a test online -

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Stay at home and do not have visitors until you get your test result – only leave your home to have a test. Anyone your child lives with, and anyone in your child's support bubble, must also stay at home until you get their result.

If you attend our emergency department, please inform us as soon as possible, if you or your child have COVID-19 symptoms or are self-isolating.

Further information and advice about self isolation can be found on the NHS website -

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice>

### If the symptoms worsen during home isolation or are no better after 7 days, contact NHS 111

**online.** NHS111 online has a tool which will ask you questions about the symptoms and advise you on what to do - <https://111.nhs.uk/covid-19> Only call 111 if you cannot get help online.

In the majority of children this viral illness is mild and children will recover without medical treatment. We know until now there have been no major complications in those children who have tested positive worldwide.

### How do I stop the virus spreading?

It is essential to practice good infection prevention. Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue in a bin immediately.

Then wash your hands or use a hand sanitising gel. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

Check the current government guidance for where and when you should wear a face mask.

### **What should I do if my child is ill but I don't think it's COVID-19?**

During this Covid-19 outbreak children will still experience other viral illnesses. Children may still have respiratory symptoms and illness which require treatment, for example:

- Wheeze/asthma: do support your child with salbutamol (blue) inhaler as per wheeze plan and seek medical review if your child is having difficulty in breathing or unable to stretch 10 puffs 3-4 hourly.
- Croup: if your child has difficulty in breathing (not just barking, harsh cough) seek medical review.
- Chest infection: if your child has increased vulnerability/risk of chest infection due to underlying health condition and symptoms of persistent wet cough, please seek medical review for consideration of antibiotic treatment.
- Other infection: if your child has a persistent temperature, not passing urine, a non-blanching rash or you are worried about your child please seek medical review.

### **What is Paediatric Inflammatory Multisystem Syndrome (PIMS)?**

Paediatric Inflammatory Multisystem Syndrome (PIMS) is a new condition that happens weeks after someone has had the virus that causes COVID-19. It is very rare. The main symptom of PIMS is a high temperature that lasts for more than 5 days with other symptoms such as: a rash; red and cracked lips; swollen hands and feet; swollen neck glands; abdominal pain; diarrhoea and vomiting; unexplained irritability. There are no specific tests to diagnose PIMS but doctors use blood tests, symptoms, and checks of how various parts of the body are working, to confirm how whether PIMS is likely and then start treatment. If you are worried about your child, please seek medical review.

### **Schools and COVID-19**

All schools have received advice and guidance with regard to COVID-19. All children will have been placed in a "bubble" by their school. If there is a positive COVID-19 case in your child's bubble, the school will inform you and provide further information regarding self isolation for 10 days and when testing for COVID-19 for your child is required.

If you attend our emergency department, please inform us if your child is self-isolating due to a positive "bubble" contact or if you/any family members are self-isolating due to contact from the Test and Trace service

### **My child is high risk, how do I find out about shielding?**

Children who are at very high risk of severe illness from coronavirus (COVID-19) were previously advised to shield. The shielding period came to an end at the start of August 2020. Very few children need to continue shielding or taking additional precautions at this time. These children will have been contacted by their hospital team. If you think your child falls into the category of extremely vulnerable people and you are unsure about the shielding guidance, you should discuss your concerns with your GP.

### **What visiting restrictions are in place?**

We are enforcing strict visiting restrictions at all of our hospital sites. In general, there are no visitors allowed however paediatrics is an exception, where only one named parent or guardian is allowed – they must be well, with no symptoms of COVID-19 coronavirus.

### **Where can I find the latest information?**

The situation is changing daily, follow the most up-to-date advice on isolation and travel on the website below:

Government guidance: <https://www.gov.uk/coronavirus>

NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

World Health Organisation: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Government travel advice <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>