

Managing symptoms

Whilst unwell, it is normal for babies or children to develop a high temperature (higher than 38°C). This helps them fight infections.

If your baby or child has a fever, make sure that they do not have too many layers of clothes or blankets on. Give them plenty of fluids and you can also give them infant or child liquid Paracetamol to help reduce the fever if it is a problem.

When to seek medical advice or review

Reduced energy and grumpiness are common in mild viral illness. A reduction in how much your child is eating, and fewer poos, are also normal during a viral illness.

You should seek medical from NHS 111 if your child is:

- Not taking fluids or peeing considerably less than normal (a reduction in appetite and fewer poos are normal during a viral illness)
- Abnormally irritable or drowsy
- Working hard to breathe, especially if their chest appears to be sucking in (“in-drawing”).

In an emergency, you should call 999.



Chest “in-drawing”, sign of breathing difficulty (WHO)

Further information

Urgent advice from NHS 111 – go through the online checklist first (**dial 999 for an emergency only**): 111.nhs.uk/covid-19

NHS advice for families on COVID-19:
nhs.uk/conditions/coronavirus-covid-19/

NHS advice on common childhood illness:
birninghamandsolihullccg.nhs.uk/about-us/publications/your-health/children/151-guide-for-parents-and-carers-of-children-from-0-5-common-childhood-illnesses/file

Separate advice is available if you are pregnant. Visit nhs.uk

To whom it may concern,

was advised to stay at home.

Clinician name _____

Clinician signature _____

Date _____



Birmingham Women's and Children's NHS Foundation Trust

Coronavirus

Your child, your family, and coronavirus

Managing symptoms at home to keep children and families safe and well

Issued by the Emergency Department



CORONAVIRUS

PROTECT YOURSELF & OTHERS

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Your child and coronavirus

COVID-19 is a viral infection caused by a virus called the coronavirus. The coronavirus causes mild flu-like symptoms in most people but severe breathing problems in a small number of patients, particularly those who have other medical problems or are very old.

From what we know so far, COVID-19 rarely causes problems for children of all ages, although we are extremely cautious about vulnerable children with weak immune systems or chronic breathing problems until we learn more about this new infection.

We think your child will be safe at home. It's important that you follow national government advice around self-isolating your child and members of your household, ensuring you all keep away from other people, especially those who are more vulnerable.

Important advice for everyone

Wash your hands more often for 20 seconds.

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

And do so regularly through the day.

Recognise that your child might be anxious

How children might respond

Children respond to stress in different ways, including being more clingy, anxious, withdrawing, angry or agitated and bedwetting.

How you can support children

You can help by responding in a supportive way to their reactions. It's important to listen to their concerns and give them plenty of love and attention.

Talk is good

Talk to your children about what has happened, sticking to the facts and using language they can understand. Give them clear information about what they can do to reduce their risk of infection, eg. regular hand washing.

Self-care is important

Make opportunities for your child to play and relax when you can. Maintain regular routines and schedules as much as possible and talk to your children about where these need to change in line with current advice.

How to manage change

Try and keep children close to their immediate family and avoid separating children and their caregivers as national guidance allows. If separation is unavoidable (eg. isolation or hospitalisation) maintain regular contact (eg. via phone) and offer reassurance.

Prepare children for any likely changes with reassuring information. If a family member or child starts to feel unwell, talking about the role of doctors and hospitals in terms of making them feel better is reassuring.

Breastfeeding

We don't yet know if the virus is transmitted in breast milk but health experts think the benefits of breastfeeding outweigh the risks. If you choose to breastfeed your baby, the following precautions are recommended:

- Wash your hands before touching your baby, breast pump or bottles
- Try and avoid coughing or sneezing on your baby while feeding at the breast
- Follow recommendations for pump cleaning after each use
- Consider asking someone who is well to feed expressed breast milk to your baby

