Supplemental material

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If your baby has a fever, make sure:

- Their body temperature is normal for babies of

  - Infections (higher than 38°C). This helps them fight children to develop a high temperature.
  - Whistles until it is 38°C. This helps them fight children to develop a high temperature.

Further information

NHS advice for families on COVID-19:

111.nhs.uk/covid-19

(ideal 99 for an emergency only):

the online checklist first

20

Surveyors of children’s

not participating in

COVID-19

NHS advice on common childhood illnesses:

nhs.uk/conditionstreatment/coronavirus-covid-19

- Reduce energy and symptoms are

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

- Your child:

- Reducing fluids of being considerably

- Not eating fluids or being a virtual

- Tired, and fewer are normal during a virtual

- Working hard to breathe, especially

Instead of normal a reduction in appetite

Your child:

- Сhest

- In an emergency, you should call 999.

Drawing (“Inflating”

- Their chest appears to be suckling in (“In-

- Abnormally irritable or drowsy

When to seek medical advice or review

- Fever or if it is a problem.

- Their temperature is normal for babies of

- Infections (higher than 38°C). This helps them fight children to develop a high temperature.

If your baby has a fever, make sure:

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Further information

Managers of symptoms at home

To whom it may concern:

was advised to stay at home.

Clinician name

Clinician signature

Date

Managing symptoms at home

To keep children and families safe and well

Issued by the Emergency Department

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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