

1st February 2021

Dear Parents,

We wanted to get in touch with you about the health of your child during the coronavirus pandemic with some information of what to do if your child is ill - whatever the cause.

We know that children can get coronavirus, but they seem to get it less often than adults, and it's usually less serious. With the rate of cases of COVID-19 at a high level in York at present, it is likely that some children will catch the virus, but in the vast majority of cases this will not lead to any worrying symptoms.

Symptoms to look out for

The main symptoms of coronavirus in children are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

What to do if your child has any of the main symptoms of coronavirus:

1. Get a test to check if they have coronavirus as soon as possible (www.gov.uk/get-coronavirus-test)
2. You, your child and anyone else you live with should stay at home and not have visitors until you get the test result – only leave your home to have the test

3. If they test positive you and anyone else you live with must stay at home for 10 days

Anyone in your support bubble should also stay at home if your child has been in close contact with them since their symptoms started or during the 48 hours before they started.

Other symptoms

There have been a number of other symptoms widely reported for children who have tested positive for COVID-19. These include:

- nasal congestion or runny nose
- sore throat
- diarrhoea and vomiting
- stomach pain
- headache
- muscle ache (myalgia).

While it does seem like children can get a wider range of coronavirus symptoms than adults, these symptoms could also be a sign of another infection or illness entirely. It is important not to miss the signs of another serious illness.

The enclosed poster should help you to assess what medical help your child needs. Please remember that if your child is showing any signs of illness, it's important not to send them to their usual childcare provider, such as a nursery or childminder, or to school.

You can also use NHS 111 online (<https://111.nhs.uk/>).

To help support families during the coronavirus pandemic, our educational psychology team has created a booklet with information about how parents can look after their own emotional health, and support their children, which you may find useful www.york.gov.uk/downloads/LAYLAYC

You can also keep up to date with the latest information about the coronavirus response in York:

- visit www.york.gov.uk/coronavirus

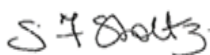
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www.york.gov.uk

- talk to your ward councillor
- follow our social media channels: Twitter: [@CityofYork](#) or [Facebook](#)
- register for a regular email update: www.york.gov.uk/form/EmailUpdates

We are incredibly grateful for all you have done already and on behalf of the city, thank you for all you are doing to reduce the spread of the virus.

We hope you and your families stay safe and well,


Amanda Hatton

Sharon Stoltz

Wendy Watts

Executive Director of
Place

Direct of Public Health
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Consultant
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York Teaching
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Foundation Trust

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

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