

Advice for parents/carers during coronavirus

It can be confusing to know what to do when your child is unwell during the coronavirus pandemic. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Only one parent/carer will be able to attend A&E with their child. Please use the hand sanitisers provided, wear a face covering in enclosed spaces and maintain social distancing. **Remember: if your child is unwell, seek advice and medical attention.**

Here is some advice to help:



RED

If your child has any of the following signs:

- Pale, mottled (blotchy) skin that feels unusually cold.
- Severe breathing difficulty – long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk / eat / drink.
- A fit / seizure (unless these are expected).
- Becomes extremely distressed (crying for a very long time despite distraction), is confused, sleepy all the time and difficult to wake up or not responding even when awake.
- Has a rash that does not disappear when a glass is lightly pressed against the skin.
- Under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other RED or AMBER features).
- Pain in the testicles, especially in teenage boys.
- The child has seriously harmed themselves and needs medical help.
- **If you are frightened because your child looks very unwell.**

You need urgent help:

Go to the nearest A&E department or call 999



AMBER

If your child has any of the following signs:

- Finding it hard to breathe, including: drawing in of the muscles below their lower ribs, at their neck or between their ribs.
- Seems dehydrated (sunken eyes, drowsy or no wee passed for 12 hours).
- Becomes excessively sleepy or irritable (unable to settle with toys, TV, food or comfort) - especially despite their temperature coming down.
- Extreme shivering or muscle pain without an obvious explanation.
- Babies of 3 to 6 months of age with a temperature of 39°C / 102.2°F or above.
- Babies and children with a fever of 38°C or above for more than 5 days
- Constantly being sick.
- Constant or worsening tummy pain.
- Blood in the poo or wee.
- Increasingly thirsty and weeing more.
- Any injury of arms or legs causing reduced movement or persistent pain.
- Head injury causing constant crying or drowsiness.
- **Is getting worse or if you are worried.**

Immediately contact your GP and make an appointment for your child to be seen that day or call NHS 111 - dial 111.

During the coronavirus pandemic, at peak times, access to a healthcare professional may be delayed. If symptoms continue for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111, then consider taking them to your nearest A&E.



GREEN

Your child has none of the RED or AMBER signs above, care for them at home but watch for any new signs developing:

- If your child has any symptoms that might be COVID-19 (high temperature, new continuous cough or loss of taste/smell) arrange for them to be tested via the NHS testing website or by calling 119.
- You, and anyone in your support bubble, must remain at home until your child's test results are back.
- If your child has been burned, visit <https://safetea.org.uk/first-aid/> for first aid advice and for information about when to seek medical attention.

Continue providing your child's care at home.

If you are still concerned about your child, contact NHS 111 - visit 111.nhs.uk or dial 111.



MENTAL HEALTH

- If you are worried and your child is known to child or adolescent mental health services (CAMHS), please contact them.
- If your child needs urgent mental health support or advice, visit <https://www.nhs.uk/service-search/mental-health> for local services and 24/7 urgent helplines, or text SHOUT to 85258
- If you notice any self-harm injuries on your child, please contact the NHS 24/7 Mental Health online support (visit www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/) or your GP.
- If you are worried about an eating problem/disorder, contact BEAT (visit <https://www.beateatingdisorders.org.uk/support-services>) or your GP.
- Helpful advice is also available at Every Mind Matters (<https://www.nhs.uk/oneyou/every-mind-matters>) and MindEd for Families (<https://www.mindedforfamilies.org.uk/>).

Advice for parents/carers in Scotland during coronavirus

It can be confusing to know what to do when your child is unwell during the coronavirus pandemic. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Only one parent/carer will be able to attend A&E with their child. Please use the hand sanitisers provided, wear a face covering in enclosed spaces and maintain social distancing. **Remember: if your child is unwell, seek advice and medical attention.**

Here is some advice to help:



RED

If your child has any of the following signs:

- Pale, mottled (blotchy) skin that feels unusually cold.
- Severe breathing difficulty – long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk / eat / drink.
- A fit / seizure (unless these are expected).
- Becomes extremely distressed (crying for a very long time despite distraction), is confused, sleepy all the time and difficult to wake up or not responding even when awake.
- Has a rash that does not disappear when a glass is lightly pressed against the skin.
- Under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other RED or AMBER features).
- Pain in the testicles, especially in teenage boys.
- The child has seriously harmed themselves and needs medical help.
- **If you are frightened because your child looks very unwell.**

You need urgent help:

Go to the nearest A&E department or call 999



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If your child has any of the following signs:

- Finding it hard to breathe, including: drawing in of the muscles below their lower ribs, at their neck or between their ribs.
- Seems dehydrated (sunken eyes, drowsy or no wee passed for 12 hours).
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- Constantly being sick.
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- Blood in the poo or wee.
- Increasingly thirsty and weeing more.
- Any injury of arms or legs causing reduced movement or persistent pain.
- Head injury causing constant crying or drowsiness.
- **Is getting worse or if you are worried.**

Immediately contact your GP and make an appointment for your child to be seen that day or call NHS 24 - dial 111.

During the coronavirus pandemic, at peak times, access to a healthcare professional may be delayed. If symptoms continue for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 24, then consider taking them to your nearest A&E.



GREEN

Your child has none of the RED or AMBER signs above, care for them at home but watch for any new signs developing:

- If your child has any symptoms that might be COVID-19 (high temperature, new continuous cough or loss of taste/smell) arrange for them to be tested via NHS 24. You, and anyone in your support bubble, must remain at home until your child's test results are back.
- If your child has been burned, visit <https://safetea.org.uk/first-aid/> for first aid advice and for information about when to seek medical attention.

Continue providing your child's care at home.

If you are still concerned about your child, visit your local pharmacy or contact NHS 24 visit <https://www.nhsinform.scot> or dial 111.



MENTAL HEALTH

- If you are worried and your child is known to child or adolescent mental health services (CAMHS), please contact them.
- If your child needs urgent mental health support or advice, please contact the mental health hub accessible 24/7 via NHS 24 (dial 111 or visit <https://www.nhsinform.scot>), or text SHOUT to 85258.
- If you notice any self-harm injuries on your child, please contact the mental health hub accessible 24/7 via NHS 24 (dial 111 or visit <https://www.nhsinform.scot>), or your GP.
- If you are worried about an eating problem/disorder, call NHS 24 on 111 or your GP.
- Helpful advice is also available on MindEd for Families (<https://www.mindedforfamilies.org.uk/>), Clear your head (<https://clearyourhead.scot>), Young Scot Aye Feel (<https://young.scot/campaigns/national/aye-feel>), The Parent Club (<https://www.parentclub.scot/>) and SAMH for young people (<https://www.samh.org.uk/get-involved/going-to-be/information-help/children-and-young-people>)

Advice for parents/carers in Wales during coronavirus

It can be confusing to know what to do when your child is unwell during the coronavirus pandemic. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Only one parent/carer will be able to attend A&E with their child. Please use the hand sanitisers provided, wear a face covering in enclosed spaces and maintain social distancing. **Remember: if your child is unwell, seek advice and medical attention.**

Here is some advice to help:



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If your child has any of the following signs:

- Pale, mottled (blotchy) skin that feels unusually cold.
- Severe breathing difficulty – long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk / eat / drink.
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- Under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other RED or AMBER features).
- Pain in the testicles, especially in teenage boys.
- The child has seriously harmed themselves and needs medical help.
- **If you are frightened because your child looks very unwell.**

You need urgent help:

Call 999 and seek emergency care



AMBER

If your child has any of the following signs:

- Finding it hard to breathe, including: drawing in of the muscles below their lower ribs, at their neck or between their ribs.
- Seems dehydrated (sunken eyes, drowsy or no wee passed for 12 hours).
- Becomes excessively sleepy or irritable (unable to settle with toys, TV, food or comfort) - especially despite their temperature coming down.
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- Constantly being sick.
- Constant or worsening tummy pain.
- Blood in the poo or wee.
- Increasingly thirsty and weeing more.
- Any injury of arms or legs causing reduced movement or persistent pain.
- Head injury causing constant crying or drowsiness.
- **Is getting worse or if you are worried.**

Immediately contact your GP or relevant local health services and make an appointment for your child to be seen that day.

We recognise that during the current COVID-19 crisis, at peak times, access to a healthcare professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or local health services, then consider calling 999.



GREEN

Your child has none of the RED or AMBER signs above, care for them at home but watch for any new signs developing:

- If your child has any symptoms that might be COVID-19 (high temperature, new continuous cough or loss of taste/smell) arrange for them to be tested. You, and anyone in your extended household, should remain at home until your child's test results are back.
- If your child has been burned, visit <https://111.wales.nhs.uk/encyclopaedia/b/article/burnsandscalds> for first aid advice and for information about when to seek medical attention.

Continue providing your child's care at home.

If you are still concerned about your child contact your GP or local health services, or visit <https://111.wales.nhs.uk/>



MENTAL HEALTH

- If you are worried and your child is known to child or adolescent mental health services (CAMHS), please contact them.
- If your child needs mental health support or advice, visit Community Advice and Listening Line (CALL) at <https://www.callhelpline.org.uk/> or call 0800 132 737, or text 'Help' to 81066.
- If you notice any self-harm injuries on your child, please visit <https://111.wales.nhs.uk/encyclopaedia/s/article/selfharm> for information and contact your GP.
- If you are worried about an eating problem/disorder, contact BEAT (visit <https://www.beateatingdisorders.org.uk/support-services>) or your GP.

Cyngor i rieni/gofalwyr yn ystod coronafeirws yng Nghymru

Gall fod yn ddryslyd gwybod beth i'w wneud pan fydd eich plentyn yn wael yn ystod y pandemig coronafeirws. Cofiwch bod y GIG yn dal i ddarparu gofal diogel.

Mae meddygfeydd teulu ac ysbytai wedi gwneud newidiadau i helpu i leihau'r risg o heintiad. Dim ond un rhiant/gofalwr fydd yn gallu mynd i'r adran Ddamweiniau ac Argyfwng gyda'r plentyn. Defnyddiwch yr hylif diheintio dwylo sydd ar gael, gwisgo gorchudd wyneb mewn manau caeedig a chadw pellter cymdeithasol. **Cofiwch: os yw'ch plentyn yn wael, gofynnwch am gyngor a sylw meddygol.**

Dyma i chi gyngor i'ch helpu.



COCH

Os oes gan eich plentyn unrhyw un o'r arwyddion canlynol:

- Croen gwelw, smotiog sy'n teimlo'n anarferol o oer.
- Anhawster anadlu difrifol – oedi hir yn eu hanadlu, anadlu afreolaidd, yn dechrau troi'n las neu'n rhy brin o o anadl i siarad/bwyta/yfed.
- Ffit/trawiad (os na chânt eu disgwyl).
- Dod yn ofidus iawn (crio am gyfnod hir iawn er ceisio tynnu eu sylw, dryslyd, cysglyd drwy'r amser ac anodd eu deffro neu ddim yn ymateb hyd yn oed pan fydd yn effro.
- Â brech nad yw'n diflannu wrth bwyso gwydr yn ofalus yn erbyn y croen.
- Dan 3 mis oed gyda thymheredd o 38°C/100.4°F neu uwch (oni bai fod twymyn yn y 48 awr yn dilyn brechiad a dim nodweddion **COCH** neu **OREN** arall).
- Poen yn y ceilliau, yn arbennig mewn bechgyn yn eu harddegau.
- Y plentyn wedi anafu ei hunan yn ddifrifol ac angen help meddygol.
- **Os ydych yn ofnus oherwydd fod eich plentyn yn edrych yn wael iawn.**

Mae arnoch angen help ar frys:

Ffoniwch 999 a gofyn am ofal argyfwng



OREN

Os oes gan eich plentyn unrhyw un o'r arwyddion canlynol:

- Anhawster wrth anadlu, gan gynnwys: tynnu'r cyhyrau dan yr asennau i mewn wrth anadlu, yn eu gwddf neu rhwng eu hasennau.
- Edrych wedi dadhydradu (llygaid wedi suddo, cysglyd neu heb basio dŵr am 12 awr)
- Yn gynyddol gysglyd neu groes (methu setlo gyda theganau, teledu, bwyd na chysur) – yn arbennig er bod eu tymheredd wedi gostwng.
- Crynu mawr neu boen cyhyrau heb esboniad amlwg.
- Babanod 3 i 6 mis oed gyda thymheredd o 39°C/102.2°F neu uwch.
- Babanod a phlant gyda thwymyn o 38°C neu uwch am fwy na 5 diwrnod.
- Cyfogi yn gyson.
- Poen yn y bol cyson neu waethygu.
- Gwaed yn y carthion neu'r dŵr
- Cynyddol sychedig ac yn pasio mwy o ddŵr.
- Unrhyw anaf i freichiau a goesau yn achosi llai o symudiad neu boen parhaus.
- Anaf pen yn achosi crio parhaus neu iddynt fod yn gysglyd.
- **Yn gwaethygu neu os ydych yn bryderus.**

Cysylltwch â'ch meddyg teulu neu wasanaethau iechyd lleol ar unwaith i wneud apwyntiad i'ch plentyn i gael ei weld y diwrnod hwnnw.

Yn ystod y pandemig presennol, efallai y gall fod yn anodd cael cyngor. Os bydd y symptomau yn parhau am 4 awr neu fwy ac nad ydych wedi gallu siarad â naill ai aelod o staff eich meddygfa neu wasanaethau iechyd lleol, yna ystyriwch ffonio 999.



GWYRDD

Os NAD OES gan eich plentyn unrhyw arwyddion o'r blychau **COCH** nac **OREN**, gofalwch amdanynt adref ond cadw llygad am unrhyw arwyddion newydd yn datblygu:

- Os oes gan eich plentyn unrhyw symptomau a fedrai fod yn COVID-19 (tymheredd uchel, peswch newydd parhaus neu golli blas/arog), trefnwch iddynt gael eu profi. Dylech chi ac unrhyw un yn eich aelwyd estynedig aros gartref nes i chi gael canlyniadau prawf eich plentyn.
- Os yw'ch plentyn wedi llosgi, ewch i <https://111.wales.nhs.uk/encyclopaedia/article/burnsandscalds> i gael cyngor cymorth cyntaf a gwybodaeth am pryd i geisio sylw meddygol.

Daliwch ati i ofalu am eich plentyn gartref.

Os ydych yn dal yn bryderus am eich plentyn, cysylltwch â'ch Meddyg Teulu neu wasanaethau iechyd lleol, neu edrych ar <https://111.wales.nhs.uk/>



IECHYD MEDDWL

- Os ydych yn bryderus a bod gwasanaethau iechyd meddwl plant neu'r glasoed (CAMHS) yn gwybod am eich plentyn, cysylltwch â nhw.
- Os yw eich plentyn angen cymorth neu gyngor iechyd meddwl, ewch i'r Llinell Cyngor Cymunedol a Gwranddo (CALL) yn <https://www.callhelpline.org.uk> neu ffonio 0800 132 727 neu anfon neges destun 'Help' i 81066.
- Os ydych yn sylwi ar unrhyw anafiadau hunan-anafu ar eich plentyn ewch i <https://111.wales.nhs.uk/encyclopaedia/s/article/selfharm> i gael gwybodaeth a chysylltu â'ch meddyg teulu.
- Os ydych yn bryderus am broblem/anhwylder bwyta, cysylltwch â BEAT (ewch i <https://www.beateatingdisorders.org.uk/support-services>) neu eich Meddyg Teulu.

Advice for parents/carers in Northern Ireland during coronavirus

It can be confusing to know what to do when your child is unwell during the coronavirus pandemic. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Only one parent/carer will be able to attend A&E with their child. Please use the hand sanitisers provided, wear a face covering in enclosed spaces and maintain social distancing. **Remember: if your child is unwell, seek advice and medical attention.**

Here is some advice to help:



RED

If your child has any of the following signs:

- Pale, mottled (blotchy) skin that feels unusually cold.
- Severe breathing difficulty – long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk / eat / drink.
- A fit / seizure (unless these are expected).
- Becomes extremely distressed (crying for a very long time despite distraction), is confused, sleepy all the time and difficult to wake up or not responding even when awake.
- Has a rash that does not disappear when a glass is lightly pressed against the skin.
- Under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other **RED** or **AMBER** features).
- Pain in the testicles, especially in teenage boys.
- The child has seriously harmed themselves and needs medical help.
- **If you are frightened because your child looks very unwell.**

You need urgent help:

Go to the nearest A&E department or call 999



AMBER

If your child has any of the following signs:

- Finding it hard to breathe, including: drawing in of the muscles below their lower ribs, at their neck or between their ribs.
- Seems dehydrated (sunken eyes, drowsy or no wee passed for 12 hours).
- Becomes excessively sleepy or irritable (unable to settle with toys, TV, food or comfort) - especially despite their temperature coming down.
- Extreme shivering or muscle pain without an obvious explanation.
- Babies of 3 to 6 months of age with a temperature of 39°C / 102.2°F or above.
- Babies and children with a fever of 38°C or above for more than 5 days
- Constantly being sick.
- Constant or worsening tummy pain.
- Blood in the poo or wee.
- Increasingly thirsty and weeing more.
- Any injury of arms or legs causing reduced movement or persistent pain.
- Head injury causing constant crying or drowsiness.
- **Is getting worse or if you are worried.**

Immediately contact your GP or GP Out of Hours (visit <http://www.gpoutofhours.hscni.net/>) and make an appointment for your child to be seen that day.

During the coronavirus pandemic, at peak times, access to a healthcare professional may be delayed. If symptoms continue for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to GP Out of Hours, then consider taking them to your nearest A&E.



GREEN

Your child has none of the **RED** or **AMBER** signs above, care for them at home but watch for any new signs developing:

- If your child has any symptoms that might be COVID-19 (high temperature, new continuous cough or loss of taste/smell) arrange for them to be tested by calling 119. You, and anyone in your support bubble, must remain at home until your child's test results are back.
- If your child has been burned, visit <https://safetea.org.uk/first-aid/> for first aid advice and for information about when to seek medical attention.

Continue providing your child's care at home.

If you are still concerned about your child, you should contact your local pharmacist or GP.



MENTAL HEALTH

- If you are worried and your child is known to child mental health services, please contact your GP or visit <https://www.familysupportni.gov.uk/>
- If your child needs urgent mental health support or if you notice any self-harm injuries on your child, you may find the following helpful: text SHOUT to 85258, call Samaritans on 116123, call Lifeline on 0808 808 8000, call Parentline NI on 0808 8020 400, or call Childline (under 19s) on 0800 1111. You can also contact your GP or GP Out of Hours, or the nearest A&E department in an emergency.
- If you are worried about an eating problem/disorder, contact BEAT (visit <https://www.beateatingdisorders.org.uk/support-services/>) or your GP.
- Helpful advice is also available on Every Mind Matters (<https://www.nhs.uk/oneyou/every-mind-matters>) and MindEd for Families (<https://www.mindedforfamilies.org.uk/>).