Advice for parents during coronavirus

It can be confusing to know what to do when your child is unwell during the coronavirus outbreak. 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 will be able to attend A&E with their child. Please use the provided hand sanitisers and maintain social distancing. Remember: if your child is unwell, seek advice and medical attention. Here is some advice to help:



If you are still concerned about your child, call NHS 111 - dial 111.



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

advice and for information about when to seek medical attention.

- MENTAL HEALTH
- If you are worried and your child is known to child mental health services (CAMHS), please contact them.
- If your child needs urgent mental health support or advice, visit <u>https://www.nhs.uk/service-search/mental-health</u> 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 https://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 <u>https://www.beateatingdisorders.org.uk/support</u><u>services</u>) or your GP.
- Helpful advice is also available on Every Mind Matters (<u>https://www.nhs.uk/mental/wellbeing</u>) and MindEd for Families (<u>https://www.mindedforfamilies.org.uk/</u>).









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