

Discharge advice for carers of children with suspected Coronavirus (Covid 19)

Children's Services

Your child has symptoms that could be caused by Coronavirus and has been deemed well enough to go home. We do not swab for Coronavirus in the Emergency Department and therefore cannot diagnose this with certainty in your child. There is currently no specific treatment for Coronavirus.

Self-Isolation

Please follow the latest Government advice on self-isolation for your family. This is available at www.gov.uk.

Hygiene – “Catch it, Bin it, Kill it”

Follow these simple measures to help protect members of your household and prevent spread of infection.

- Clean hands frequently with soap and water for 20 seconds.
- Use hand sanitiser only when soap and water are not available
- Cover your child's mouth and nose with disposable tissues when they cough or sneeze
- Immediately dispose of tissues and wash hands as directed above

Facemasks are not recommended for use outside of the hospital setting.

What to do when your child has a fever

A fever is a temperature of 37.8°C or more and is the body's natural response to fighting infection.

Prevent dehydration

It is normal for your child not to want to eat whilst they are unwell. This will not cause long-term harm. However, drinking fluids is the most important. Offer your child regular sugary drinks. Children with Diabetes mellitus should follow their “sick day rules”. Where a baby or child is breastfed, the most appropriate fluid is breastmilk and there is currently no evidence that the virus is transmitted through breast milk. For bottle-fed babies, sterilise the equipment carefully before each use.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Signs of dehydration include:

- Dry mouth
- Sunken eyes
- No tears when crying
- Passing urine less than twice a day (or less than two wet nappies per day), or urine very dark

If you find signs of dehydration, encourage your child to drink more fluid. This can be done by administering 2 tablespoons of fluids every 10 minutes. Try offering ice-lollies, jellies and milkshakes.

Medicines to reduce temperature

It is not necessary to use medicines such as Paracetamol to treat your child's temperature. However, if your child seems distressed or unwell with their fever, Paracetamol may make them feel more comfortable. Please follow the instructions on the bottle.

Never give Aspirin to a child.

Sponging / Undressing

Reduce clothing and cool the environment. Do not sponge your child with water or place them in direct draughts.

When to seek urgent medical advice

Check your child during the night to see if they are getting better and keep an eye out for rashes. If a rash appears, do the Tumbler Test (see overleaf).

Seek advice by contacting your GP or the NHS 111 service if:

- You are in any way concerned
- The fever persists beyond 5 days
- Your child does not pass urine or hasn't drunk fluids for more than 12 hours
- Your child develops signs of possible meningitis. This includes:
 - Non-blanching rash (see below)
 - Drowsiness, where they are hard to wake
 - Fitting
 - Being bothered by light
 - A weak, high-pitched cry that is not like their normal cry
- Your child appears to have difficulty breathing. This includes:
 - Breathing rapidly or appearing short of breath
 - Using their tummy muscles to breathe
 - Their ribs sucking in each time they take a breath
 - Nostrils flaring with each breath in young babies

If they are too breathless to speak or feed, look tired, look pale/grey, or they are blue around the lips, call 999 immediately.

Any infant under the age of 3 months with a temperature above 38°C needs to be examined by a health professional.

The Tumbler Test

If your child has a rash, press a glass firmly against the rash. If the spots do not fade, this is a “non-blanching rash” and medical advice should be sought immediately. The rash is harder to see on dark skin, so check paler areas like palms of the hands, soles of the feet or tummy.

Further advice can be found at 111.nhs.uk/covid-19. Only call 111 if you cannot get help online.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。