

COVID-19 in children:

- The majority of children infected with the COVID-19 virus have mild symptoms and some will have no symptoms.
- The commonest symptoms are a **fever (high temperature) and cough** (see Table below if your child has any of these symptoms)
- COVID-19 symptoms can be non-specific and other symptoms increasingly recognised in children, include; **severe fatigue, headaches, abdominal pain, diarrhoea and/or vomiting** (see Table below if your child has any of these symptoms)
- The vast majority do not require hospitalisation but rarely some children have severe and potentially life threatening complications.
- **But not everything is COVID-19... most illnesses children will face this year will not be COVID-19. Most non-COVID-19 illnesses will also be mild. If your child is unwell and you have concerns please do get in contact with your GP, use NHS 111 or in serious cases go to your local hospital. The Royal College of Paediatrics and Child Health (RCPCH) summary of presentations and responses, included within this document, is very helpful.**
- Children with asthma or other conditions associated with coughs should inform their teachers and be aware of a worsening cough
- If shielding for highly vulnerable individuals is advised, please notify the school and appropriate learning material will be arranged

Current pandemic response is reliant upon:

- Minimising exposure through:
 - Infection control measures at school
 - Families, staff and wider community following the government advice on adhering to public health measures including infection control advice, restrictions, quarantine advice when travelling and complying with the test, trace and self-isolate procedures
- Reducing individual risk:
 - Promote varied and healthy diet, exercise, sleep and keep mind active
 - Flu immunisation including for all children aged 2 to 11 years, at school or via GP
 - Respect and support those who may be suffering from worsening mental health
- Identifying and managing cases:
 - Anyone with **ANY** of the three NHS test symptoms:
 1. **High temperature**
 2. **New, persistent cough** (*coughing for more than 1 hour or 3 plus episodes in 24 hours*)
 3. **Change in or loss of smell or taste**

MUST arrange a test via 119 or <https://www.gov.uk/get-coronavirus-test>

Any positive cases in pupils must be reported to the school who will then liaise with Public Health England to determine which 'close contacts' need to self-isolate.

<p>Current COVID-19 NHS test symptoms;</p> <ol style="list-style-type: none"> 1. High temperature. 2. New and persistent cough: <i>coughing a lot for more than 1 hour or 3 or more episodes within 24 hours.</i> 3. Change in or loss of smell or taste. <p>ANY one of these three MUST trigger the test and isolate response as per Government guidelines</p>	<ol style="list-style-type: none"> 1. Stay off school and notify as per school policy. 2. Call 119 or use the website to arrange testing. 3. Isolate with your family until you've had a test and have a test result: <ul style="list-style-type: none"> • if negative return to school once feeling well. • if positive notify school, continue to isolate for 10 days AND until well enough to return. Minimum 48hrs after last fever. • Family of positive contact must isolate for 14 days or as directed by government guidance if further members test positive. 4. Seek appropriate medical help if clinical state deteriorates.
<p>Child unwell with other symptoms such as Severe fatigue, headache, diarrhoea and/or vomiting, abdominal pain or muscle aches.</p> <p>A combination of mild cold symptoms and an unwell child; lethargic, flu like symptoms, reduced appetite but none of the red symptoms above.</p>	<ol style="list-style-type: none"> 1. Stay off school until child well, i.e. 48 hours post last diarrhoea or vomiting. 2. Seek medical advice if concerned or as directed by the RCPCH advice linked below. 3. Monitor child for COVID-19 test symptoms and if these develop manage as above. Note if anyone else in household develops relevant test requiring symptoms also need to treat as above.
<p>Runny nose, sneezing or sore throat in the absence of the amber or red symptoms above.</p>	<ol style="list-style-type: none"> 1. Attend school and enjoy learning! 2. If any deterioration to amber or red symptoms manage as above.

Other Useful Resources:

NHS <https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/>
RCPCH <https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>

PLEASE FOLLOW ALL GOVERNMENT UPDATES AND BATH AND NORTH EAST SOMERSET COUNCIL GUIDANCE FOR PARENTS AND CARERS ABOUT HOW TO RESPOND TO COVID-19 SCENARIOS IN CHILDREN

General advice for an unwell child (produced by the RCPCH)

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 coronavirus advice, 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