

## COVID-19

# Parent information leaflet

Covid-19 is an illness caused by a virus called Coronavirus. The symptoms of Covid-19 can be a fever, cough, shortness of breath and tiredness.

These symptoms can also be due to other viral illnesses like common cold, flu or bronchiolitis in young children.

Some children can present with diarrhoea and vomiting. Rarely, Covid-19 infection can cause pneumonia and severe breathing problems.

Most children will have a mild illness and can be cared for at home.

If you are concerned that your child has Covid-19 and is becoming more unwell or showing any of the below, phone your GP, or if they are closed, ring 111:

- is drinking less than half the usual amount
- is having fewer than four wet nappies in 24 hours
- is severely irritable and is not wanting to be held
- has trouble breathing or is breathing very fast
- looks unwell and you are concerned
- has tummy pain, vomiting or diarrhoea and seems more ill than expected
- doesn't seem to be improving



Please get a PCR test for your child if they have any of the main symptoms:

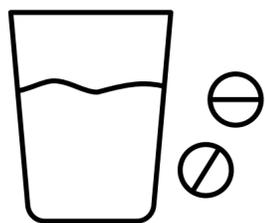
**extreme fatigue**      **a fever**      **muscle ache**

**shortness of breath**      **diarrhoea**      **a new continuous cough**

**loss of or change in smell and taste**      **sore throat**

**severe persistent headache lasting over 24hrs**

# If your child is diagnosed with or suspected of having Covid-19, health professionals will provide advice, including helping their symptoms with:



- paracetamol
- lots of fluids and rest
- a small number of children need hospital admission



There is currently no specific treatment for Covid-19 to shorten the duration of the illness, which usually lasts five to seven days.



Health professionals will also tell you how to protect others from infection. This will include time isolating in your home until your child's symptoms go away.



The virus is spread to other people from coughing and sneezing by an infected person, and also by touching surfaces contaminated with the virus and then touching the face (e.g. eyes, nose, mouth). So remind children to cover their mouth and nose when coughing or sneezing, and to wash their hands often with soap and water.

