



PRINCES RISBOROUGH SCHOOL

Advice for Parents/Carers:

Coronavirus in Children

Children can get coronavirus (COVID-19), but they seem to get it less often than adults do and it is usually less serious.

Symptoms of coronavirus in children

The main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

What to do if your child has symptoms

If your child has any of the main symptoms of coronavirus:

- **Stay at home (self-isolate)** – do not leave your home or have visitors. Anyone you live with, and anyone in your support bubble, must also self-isolate
- **Get a test** – get a test to check if you have coronavirus as soon as possible. Anyone you live with, and anyone in your support bubble, should get a test if they have symptoms

Get advice from NHS 111 if you are worried about your child or not sure what to do.

- for children aged 5 or over use the NHS 111 online coronavirus service
- for children under 5 – call 111

What to do if you child seems very unwell

Children and babies will still get illnesses that can make them unwell quickly. It is important to get medical help if you need it contact 111 or your GP surgery if your child:

- is under 3 months old and has a temperature of 38C or higher, or you think they have a fever
- is 3 to 6 months old and has a temperature of 39C or higher, or you think they have a fever
- has other signs of illness, such as a rash, as well as a high temperature (fever)
- has a high temperature that's lasted for 5 days or more
- does not want to eat, or it is not their usual self and you are worried
- has a high temperature that does not come down with paracetamol
- is dehydrated- for example, nappies are not very wet, sunken eyes, and no tears when crying

Immediate action required call 999 if your child

- has a stiff neck
- has a rash that does not fade when you press a glass against it (use the "glass test" from Meningitis Now)
- is bothered by light
- has a seizure or fir for the first time (they cannot stop shaking)
- has unusually cold hands and feet
- has pal, blotchy, blue or grey skin
- has a weak, high-pitched cry that's not like their usual cry
- is drowsy and hard to wake
- is extremely agitated (does not stop crying) or is confused
- finds it hard to breathe and sucks their stomach in under their ribs
- has a soft spot on their head that curves outwards
- is not responding like they usually do, or not interested in feeding or usual activities

INFORM SCHOOL EVERY DAY THAT YOUR CHILD IS OFF SCHOOL FROM TODAY