

# Advice for parents/carers in Scotland during coronavirus

It can be confusing to know what to do when your child is unwell during the coronavirus pandemic. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Please use the hand sanitisers provided, follow the rules on face coverings and maintain social distancing. **Remember: if your child is unwell, seek advice and medical attention.**

Here is some advice to help:



## RED

### If your child has any of the following signs:

- Pale, mottled (blotchy) skin that feels unusually cold.
- Severe breathing difficulty – long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk / eat / drink.
- A fit / seizure (unless these are expected).
- Becomes extremely distressed (crying for a very long time despite distraction), is confused, sleepy all the time and difficult to wake up or not responding even when awake.
- Has a rash that does not disappear when a glass is lightly pressed against the skin.
- Under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other RED or AMBER features).
- Pain in the testicles, especially in teenage boys.
- The child has seriously harmed themselves and needs medical help.
- **If you are frightened because your child looks very unwell.**

### You need urgent help:

Go to the nearest A&E department or call 999



## AMBER

### If your child has any of the following signs:

- Finding it hard to breathe, including: drawing in of the muscles below their lower ribs, at their neck or between their ribs.
- Seems dehydrated (sunken eyes, drowsy or no wee passed for 12 hours).
- Becomes excessively sleepy or irritable (unable to settle with toys, TV, food or comfort) - especially despite their temperature coming down.
- Extreme shivering or muscle pain without an obvious explanation.
- Babies of 3 to 6 months of age with a temperature of 39°C / 102.2°F or above.
- Babies and children with a fever of 38°C or above for more than 5 days
- Constantly being sick.
- Constant or worsening tummy pain.
- Blood in the poo or wee.
- Increasingly thirsty and weeing more.
- Any injury of arms or legs causing reduced movement or persistent pain.
- Head injury causing constant crying or drowsiness.
- **Is getting worse or if you are worried.**

**Immediately contact your GP and make an appointment for your child to be seen that day or call NHS 24 - dial 111.**

During the coronavirus pandemic, at peak times, access to a healthcare professional may be delayed. If symptoms continue for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 24, then consider taking them to your nearest A&E.



## GREEN

### Your child has none of the RED or AMBER signs above, care for them at home but watch for any new signs developing:

- If your child has any symptoms that might be COVID-19 (high temperature, new continuous cough or loss of taste/smell) arrange for them to be tested via NHS 24. You, and anyone in your support bubble, must remain at home until your child's test results are back.
- If your child has been burned, visit <https://safetea.org.uk/first-aid/> for first aid advice and for information about when to seek medical attention.

### Continue providing your child's care at home.

If you are still concerned about your child, visit your local pharmacy or contact NHS 24 visit <https://www.nhsinform.scot> or dial 111.



## MENTAL HEALTH

- If you are worried and your child is known to child or adolescent mental health services (CAMHS), please contact them.
- If your child needs urgent mental health support or advice, please contact the mental health hub accessible 24/7 via NHS 24 (dial 111 or visit <https://www.nhsinform.scot>), or text SHOUT to 85258.
- If you notice any self-harm injuries on your child, please contact the mental health hub accessible 24/7 via NHS 24 (dial 111 or visit <https://www.nhsinform.scot>), or your GP.
- If you are worried about an eating problem/disorder, call NHS 24 on 111 or your GP.
- Helpful advice is also available on Clear your head (<https://clearyourhead.scot>), Young Scot Aye Feel (<https://young.scot/campaigns/national/aye-feel>), The Parent Club (<https://www.parentclub.scot/>) and SAMH for young people (<https://www.samh.org.uk/get-involved/going-to-be/information-help/children-and-young-people>)