

Advice for young people in Scotland during coronavirus

It can be confusing to know what to do when you are unwell during the coronavirus outbreak. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Please follow government guidance - keep washing your hands regularly, wear a face covering in enclosed spaces and maintain social distancing.

Remember: if you are unwell, seek advice and medical attention. Here is some advice to help:



RED

If you experience any of the following:

- Pale, mottled skin and feeling abnormally cold to the touch.
- Severe breathing difficulty - going blue or breathless to talk / eat / drink.
- A fit/seizure (unless these are expected for you).
- Become extremely confused, difficult to wake or unresponsive.
- Develop a rash that does not disappear with pressure (the 'Glass test').
- Severe testicular pain.
- **If you have seriously harmed yourself, please tell an adult and seek urgent medical help.**

You need urgent help:

Go to the nearest A&E department or call 999



AMBER

If you experience any of the following:

- Finding it hard to breathe but can still talk in full sentences / eat and drink.
- Dehydration (feeling very thirsty, sunken eyes or no wee for 12 hours).
- Becoming drowsy (excessively sleepy), irritable or confused.
- Shivering or muscle pain without an obvious explanation.
- A fever of 38°C or above for more than 5 days.
- Persistent vomiting.
- Worsening or persistent abdominal pain.
- Blood in your poo or wee.
- Increasingly thirsty and weeing more.
- Any limb injury causing reduced movement or persistent pain.
- Head injury causing persistent pain or drowsiness.
- **You are getting worse or if you are worried.**

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

We recognise that during the current COVID-19 crisis, at peak times, access to a healthcare professional may be delayed. If symptoms persist 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 going to your nearest A&E.



GREEN

If none of the above features are present:

- If you have any symptoms suggestive of COVID-19 (high temperature, new continuous cough or loss of taste/smell) stay at home and arrange to be tested via the NHS testing website or by contacting NHS Inform <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-testing/>. You and anyone in your support bubble must remain at home (isolate) until your test results are back.
- If you have been burned, visit: <https://safetea.org.uk/first-aid/> for first aid advice and for information about when to seek medical attention.

Continue to recover at home.

If you are still concerned, contact your GP or call NHS 24 - dial 111.



MENTAL HEALTH

If you're feeling extremely distressed, or are experiencing suicidal feelings:

- Contact the 24/7 mental health hub accessible via NHS 24 - dial 111 or visit nhsinform.scot
- Call Papyrus Hopeline UK on 0800 068 4141.
- Text SHOUT to 85258 - the Crisis Messenger for free 24/7 support.
- Call Samaritans on 116 123 (freephone) - they will listen to you.

If you're worried about your mental health, talk with a trusted adult or seek guidance from your local GP, YoungMinds (visit <https://youngminds.org.uk>), Clear your head (<https://clearyourhead.scot>), Young Scot Aye Feel (<https://young.scot/campaigns/national/aye-feel>), SAMH for young people (<https://www.samh.org.uk/get-involved/going-to-be/information-help/children-and-young-people>) or call 0800 1111 for Childline.