Several stylized virus icons in shades of blue, scattered in the top left area of the page. Each icon consists of a central circle with several lines radiating outwards, each ending in a smaller circle.

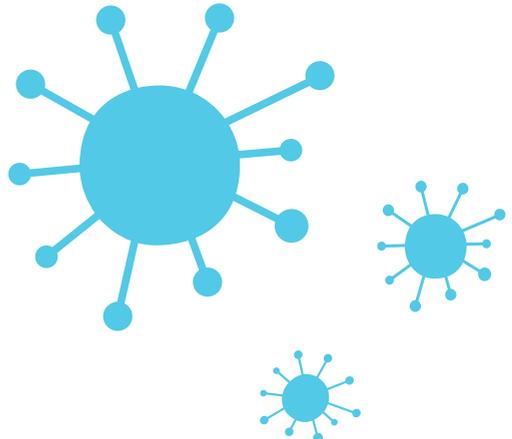
COVID-19 (Coronavirus)

Information for children, young people and families

We understand that you might be worried about COVID-19 (also known as coronavirus), particularly if your child has a long-term health condition.

This information booklet from Birmingham Community Health Care Foundation Trust (BCHC) sets out our advice and the action we are taking to respond to the coronavirus outbreak.

We are following official guidance from the NHS, UK Government and World Health Organisation. The situation is changing constantly so we will update this information as needed. You may also check the GOV.UK website for up-to-the-minute advice.



Frequently asked questions

Q: What is COVID-19 (coronavirus)?

A: This is a virus that affects the lungs and therefore people's breathing.

Q: What are the symptoms?

A: The symptoms are:

- a cough
- high temperature
- difficulty breathing



However, these are similar to lots of other common illnesses. The only way you can be absolutely sure if someone has coronavirus is to test them via a throat swab.

If you are concerned, please **do not** take your child to your doctor or pharmacist - **stay at home and call NHS 111 for advice.**

Q: Does COVID-19 (coronavirus) affect children?

A: The evidence to date (20 March 2020) shows that although children do develop COVID-19, very few children will develop a severe infection with COVID-19, whether they are immune-compromised or not.

Q: My child has a long-term health condition, what should I do?

A: We are working with our clinical teams to quickly develop more specific information for children and young people known to our services, in line with advice from national bodies. These will be updated regularly and shared via our website and social media. If you have any questions, please seek advice from the BCHC teams involved in your child's care.

We also advise that you consult the latest NHS guidance on **nhs.uk** or call **NHS 111**.

Please contact us, as you usually would, if there are changes to your child's underlying condition. We will be doing our best to respond to your queries quickly, but this might take a little longer than usual in some cases.

Q: What precautions should we take?

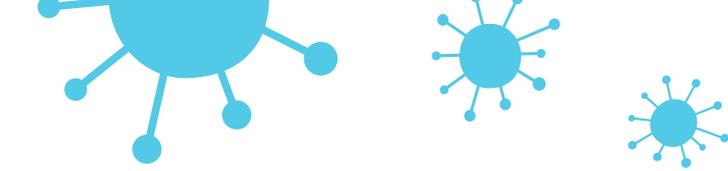
A: You should take widely published precautions to avoid infection:

- good personal hygiene with hand washing
- not touching eyes, nose and mouth
- avoiding unnecessary close contact with people who are unwell



More guidance here: [nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

Continued....



As of 23rd March 2020, everyone in the UK has been advised to limit contact with people if it isn't totally necessary. That means staying at home unless you are a key worker or need to go to get essential supplies such as food or medications.

All unnecessary travel should be stopped too. The NHS has said this advice is particularly important for those over the age of 70, those with underlying health conditions and pregnant women. This advice includes limiting contact with extended family.

If your child or a member of the family develops symptoms, visit the NHS 111 website, self-isolate everyone in the household for 14 days and let your clinical team know, if you feel necessary.

Q: Should I stop taking my medication if I develop COVID-19?

No, taking your medication is very important. Not taking your medication could make your condition worse. Please consult your specialty team before making any decisions regarding your medication.

Q: Will my child's upcoming appointment or short stay be cancelled?

A: To make sure we can deliver urgent care to children from across Birmingham, we are now postponing all non-essential procedures and appointments and we have closed the Turtles short stay unit.

Our clinical teams will look carefully at every appointment we have planned, to work out whether we can reschedule it safely. A number of appointments are now being carried out by telephone consultations rather than being face to face. Essential appointments i.e. those with dysphagia team, will be undertaken by BCHC teams. If we do need to postpone your child's appointment, we will contact you directly.

We hope you understand that we may not be able to give you details of the new appointment date or short stay just now.

Q: My child has a confirmed appointment.

Should I come to the appointments or clinic or not?

A: If you're experiencing symptoms that concern you or think you may have come into close contact with someone affected by COVID-19, please **do not** go to your GP practice or come to hospital.

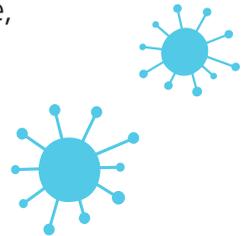
Please stay indoors, avoid contact with others and go online to **nhs.uk** or, if you do not have internet access, ring **NHS 111** for advice.

You will be notified if your appointment has been cancelled; some services are implementing alternative forms of appointments such as virtual clinics and telephone consultations.

If you have any questions or concerns in the meantime, please contact the BCHC Advice and Liaison Service:

Tel: 0800 917 2855

Email: contact.bchc@nhs.net



Q. How do I get my child's prescription?

A: As we need to restrict people coming to BCHC sites we are making arrangements to post your child's prescriptions to your home.

We hope this helps to ensure your child's medicines are not affected in the current situation.

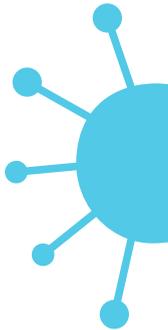
Please **do not** come to BCHC sites to collect any prescriptions.

If you have moved home recently, please make sure that we have your current address and contact details

Q: What are you doing to protect BCHC staff?

A: We are supporting our staff and carefully following updates in Public Health England advice.

Staff will continue to receive regular updates on PHE guidance, and we may ask staff who do not work directly with children, young people and families to work from home, if their job allows it.



Where to go for help and advice

Q: Where can I go for help and advice?

A: Our website will give you access to information on all of our services and links to support and advice from both our professionals and other local and national organisations.

Please visit our website: **www.bhamcommunity.nhs.uk**

Information from the NHS can be found on the NHS website.

Information for children is available on the BBC Newsround website.

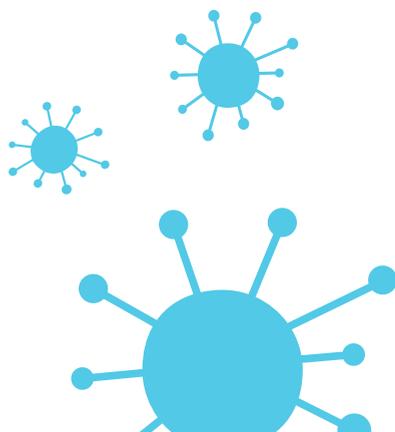
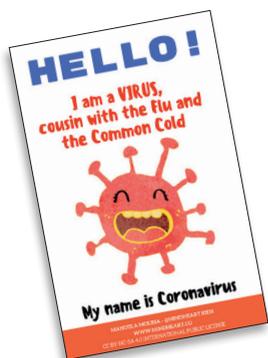
Please find below just few of the websites that may help explain COVID-19 (coronavirus) to your children and young people:

If you have a child with a learning disability, Easy read online has produced a reassuring, easy read leaflet about the coronavirus:

- <https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>
- And this Makaton video about hand washing from Mencap.
<https://youtu.be/5N2JL1G2mzk>

There is also a cartoon workbook about Coronavirus for children under seven in lots of languages from MindHeart:

- <https://www.mindheart.co/descargables?fbclid=IwAR0KlrEOy4hv3rD6e875upiy1F3GwYtn7NXMXS3BerMZDT-xbJpL8rAnMi8>

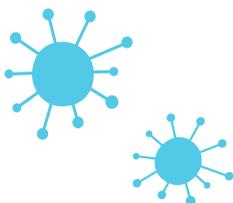


Where to go for help and advice

- **Guide for autistic people on managing anxiety in these uncertain times:**
- www.ambitiousaboutautism.org.uk/understanding-autism/uncertainty-anxiety-and-the-coronavirus-pandemic

Advice on talking to autistic people about Coronavirus (including social stories)

- www.autism.org.uk/services/helplines/coronavirus.aspx



Here is a social story about the Coronavirus

- <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

For people with epilepsy

- www.epilepsy.org.uk/info/daily-life/safety/coronavirus-covid-19

MENCAP have an Easy-read guide to COVID-19

- www.mencap.org.uk/advice-and-support/health/coronavirus

Using technology

- www.technologyforgood.co.uk/2020/03/13/technology-to-get-you-through-if-you-are-self-isolating

