




# Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

 RED	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>Becomes pale, mottled and feels abnormally cold to the touch</li><li>Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts <b>grunting</b></li><li>Severe difficulty in breathing becoming agitated or unresponsive</li><li>Is going blue round the lips</li><li>Has a fit/seizure</li><li>Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive</li><li>Develops a rash that does not disappear with pressure (the 'Glass test')</li><li>Has testicular pain, especially in teenage boys</li></ul>	<p><b>You need urgent help:</b></p> <p>Go to the nearest A&amp;E department or phone 999</p>
 AMBER	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (<b>recession</b>) or <b>head bobbing</b></li><li>Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)</li><li>Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down</li><li>Has extreme shivering or complains of muscle pain</li><li>Babies under 3 months of age with a temperature above 38°C / 100.4°F</li><li>Infants 3-6 months of age with a temperature above 39°C / 102.2°F</li><li>For all infants and children with a fever above 38°C for more than 5 days.</li><li>Is getting worse or if you are worried</li><li>Has persistent vomiting and/or persistent severe abdominal pain</li><li>Has blood in their poo or wee</li><li>Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness</li></ul>	<p><b>You need to contact a doctor or nurse today.</b></p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&amp;E</p>
 GREEN	<p><b>If none of the above features are present</b></p> <ul style="list-style-type: none"><li>You can continue to provide your child care at home. Information is also available on NHS Choices</li><li>Additional <b>advice</b> is available to families for coping with crying of well babies <b>ICON</b></li><li>Additional <b>advice</b> is available for children with complex health needs and disabilities.</li></ul>	<p><b>Self care</b></p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>

## Willington Medical Group

Newsletter  
May 2020

### Bank Holidays 2020

The surgery will be **closed** as follows on the Spring Bank Holidays:

Friday 8th May 8am - 6pm

Monday 25th May 8am - 6pm This is to be confirmed

### GP Surgery is 'open for business'

GP services, pharmacies, NHS111, out-of-hours services and emergency departments continue to be available to patients; all NHS staff following strict infection control measures.

If you have a medical need please telephone the Practice before coming into the surgery. We have introduced safety measures to protect all patients and staff, with initial telephone 'triage' assessments to enable us to prioritise appointments for those most in need and to allow health professionals to provide the most appropriate treatment in the most appropriate place

Doctors are using telephone, online and some cases video consultation appointments to ensure that continued care is provided to patients; health advice is also available by completing an online (eConsult) form on the our website.

Repeat prescriptions may be requested online, or by using the Patient Access app. People without internet access should telephone the surgery to request medication; please plan ahead to help ease pressure on community pharmacies.

For urgent medical help you are asked to make use of the local minor injuries unit or urgent care centre where there are likely to be shorter waits but patients should still continue to dial 999 in the event of a life threatening emergency.

Website: [www.willingtonmedicalgroup.org.uk](http://www.willingtonmedicalgroup.org.uk)

## Covid-19 Advice Letters

Our GPs are currently sending letters to patients who have been identified, or the named person you care for, as at risk of severe illness if you catch Coronavirus (also known as COVID-19).

This is a very detailed advice letter which also includes links to websites for further information.

If you have not received this letter from the Surgery and you think you should have please contact the surgery.

If you are shielding and cannot leave your home, you can contact your pharmacy to request your medication to be delivered.

## Mental Health and Wellbeing

**Kooth** Mental Health Support for Children and Young People (aged 11 to 18). Kooth helps to support children and young people by providing mental health support via online platforms and telephone support. They are open on weekdays from 12 noon to 10pm and on weekends from 6pm to 10pm. [www.kooth.com](http://www.kooth.com)

**Every Mind Matters** provides simple tips and advice to start taking better care of your mental health. If you are still struggling after several weeks and it is affecting your daily life, please contact NHS 111 online. If you have no internet access, you should call NHS 111. The Every Mind Matters Sleep Page also provides practical advice on how to improve your sleep. [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

You can access free easy Ten Minute Workouts from Public Health England [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou) or try other exercise videos at home on the NHS Fitness Studio. Sport England also has tips for Keeping Active at Home. [www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout)

If you are experiencing stress, feelings of anxiety or low mood visit the NHS Mental Health Wellbeing Advice website [www.nhs.uk](http://www.nhs.uk) for self-assessment, audio guides and practical tools.

If you already have a mental health condition, you can also access the Comprehensive Guidance Provided by Mind. [www.mind.org.uk](http://www.mind.org.uk)

## GoodSAM Royal Voluntary Service

GoodSam is a voluntary service to support vulnerable patients.

- \* **Check in and Chat Support:** Provides short-term telephone support to individuals who are at risk of loneliness as a consequence of self-isolation.
- \* **Community Support:** Provides collection of shopping, medication or other essential supplies for someone who is self-isolating, and delivering these supplies to their home.
- \* **Patient Transport Services:** Provides transport for patients who are medically fit for discharge or to support patients going to NHS appointments.
- \* **NHS Transport Support:** Provides transport for equipment, supplies and/or medication between NHS services and sites. Also involves assisting pharmacies with medication delivery.

Please contact the surgery who can refer you or if you prefer you can self refer by ringing 0808 196 3646. **Please note that this is only for individuals identified as high risk who have received a letter asking them to self-isolate.**

## Community News

The Methodist Open Door Church in conjunction with the Food Bank and Fare Share are cooking meals for anyone in the community who is living alone and would benefit from a cooked meal once a week (no charge) delivered to your door. If you are interested please contact Ros Glasper on 01388 746642, Ros will pass your name and telephone number to the organisers. They will then get in touch with you by telephone and arrange a time for the meal to be delivered to your home.

This has been a tremendous success, last week 63 meals were delivered in the area. Please do not hesitate to make contact if you feel you will benefit.

This newsletter is available on our website and in large print.

T: 01388 742500 Email: [willingtonmedical-group@nhs.net](mailto:willingtonmedical-group@nhs.net)