

Coronavirus (COVID-19) – information for children, young people and families

We understand that you might be worried about coronavirus – also known as COVID-19 – particularly if your child has a long-term health condition. This information sheet from Great Ormond Street Hospital (GOSH) 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 can always check the GOV.UK website at [gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response](https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response) for up to the minute advice.

Frequently Asked Questions

Q: What is the coronavirus (COVID-19)?

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 sure if someone has coronavirus is to test them.

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: What precautions should I take?

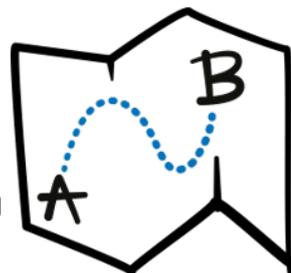
A: The advice from the NHS is as follows:

Do

- Wash your hands with soap and water often – do this for at least 20 seconds.
- Always wash your hands when you get home or into work or school.
- Use hand sanitiser gel if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away and wash your hands afterwards.
- Try to avoid close contact with people who are unwell.

Don't

- Do not touch your eyes, nose or mouth if your hands are not clean.



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

Currently, our advice is the same for everyone – we do not think you need to take any extra precautions if your child has a long-term health condition.

The risk level to the public of catching the virus is currently moderate – this has been decided by the Chief Medical Officers for the UK.

Q: My child has an upcoming outpatient appointment, should I come to GOSH or not?

A: If you have recently travelled from an affected area or are seeking information on the coronavirus outbreak, please visit [nhs.uk](https://www.nhs.uk).

If you're experiencing symptoms that concern you, please don't go to your GP practice or come to hospital. Please stay indoors, avoid contact with others and ring NHS 111 or go online to 111.nhs.uk for advice.

We are working hard to ensure we are able to deliver care to those patients who most need our help. If there is a change to your appointment or procedure, you will be contacted directly.

If you are coming to the hospital, as a precaution we are now limiting visitors on wards and in outpatient areas to two carers per family. These must be the same carers each day. Unfortunately, siblings will not be able to visit.

Q: I've been to GOSH recently. Do I need to do anything, given there has been a confirmed case at the hospital?

A: You do not need to take any action unless you are unwell. If you have any symptoms, please stay at home and contact NHS 111 for advice.

GOSH will contact anybody who came into close contact with any individuals affected by COVID-19 at GOSH, to offer advice.

Q: It's not coming to GOSH that worries me, it's travelling on public transport. Will you offer more parking permits if I want to drive?

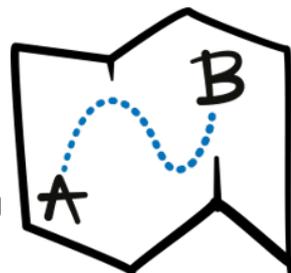
A: Unfortunately, the number of parking permits is limited by our local council so we cannot increase the number or make them last longer than currently.

We have arrangements with a local car park to offer parking at a reduced rate. Ask at the Fare Reimbursement Office for details.

Q: What are you doing to protect GOSH staff?

A: We are supporting our staff and following Public Health England advice for staff who may have been in contact with a confirmed COVID-19 case.

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.



Further information and support

Information from the NHS at [nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

Information for children is available on the BBC Newsround website at [bbc.co.uk/newsround](https://www.bbc.co.uk/newsround)

About COVID-19 coronavirus



At the moment, there is a bug affecting some people who have travelled to places like China and Italy.



The bug affects the lungs, making it harder to breathe.



There is a small number of people in the UK who have the virus at the moment, but the Government think more people could get it in the next few weeks and months.



You do not need to panic or do anything differently. The NHS says we should all:



Wash our hands with soap and water for 20 seconds lots of times during the day.



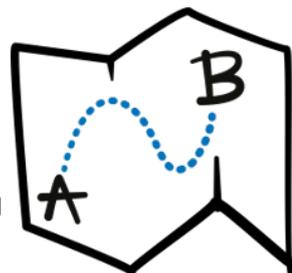
Wash your hands when you get home and when you arrive at work or school.

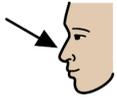


Use alcohol gel if you cannot use soap and water.



If you need to cough or sneeze, always use a tissue to catch it rather than your hands. If you don't have any tissues, use your sleeve instead.





Don't touch your face – eyes, nose and mouth – if you haven't washed your hands.



Throw your used tissue in a rubbish bin. Do not carry it around with you or leave it on the side.

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do. Use this service if:



- You think you might have coronavirus.
- In the last 14 days you've been to a country or area with a high risk of coronavirus – <https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-travellers/>
- You've been in close contact with someone with coronavirus.

Do not go to your doctor or pharmacist.

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