FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is poorly it can be difficult to decide when to call your child’s GP. In this special guidance from the NHS, the government is asking everyone to stay at home. It can be confusing to know what to do. Here is some guidance:

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE
- Pale, grey or flushed
- Cold hands and feet
- Blurred vision

BEHAVIOUR
- Very sleepy or irritable
- Hard breathing
- Very restless

YOU SHOULD GO TO A&E IF

APPEARANCE
- Decreased breathing rate
- Rash that does not fade when you press it

BEHAVIOUR
- Slow, constant breathing
- Unsteady, floppy baby

YOU SHOULD CALL YOUR GP IF

APPEARANCE
- Mild runny nose or cough

BEHAVIOUR
- Pink eyes or sore throat
- Cold that lasts for less than 2 days
- Mild cough that comes and goes

YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE
- Breathing that is fast

BEHAVIOUR
- Cough
- Runny nose
Advice on childhood illnesses & Injuries in COVID-19 Outbreak

During the current situation while the government is asking everyone to stay at home it can be confusing on what to do. Above is some guidance.

The Emotional Health Academy (EHA) telephone service will be available to young people (11-18 years old) to talk about their issues and concerns around coronavirus and to receive support, advice and guidance to access self-help tools from trained EHA workers.

From 6th April the EHA helpline will be open

Monday to Friday from 9.00am - 5.00pm

The Emotional Health Academy (EHA) is West Berkshire's early intervention emotional health service. We work alongside services in the public and voluntary sector, including GPs and schools, to strengthen wellbeing and resilience in children, young people and families. We are funded by the local authority, CCGs, Public Health and schools.

Children and Young People's Mental Health

If you live in West Berkshire and a young person in your household needs someone to talk to about their concerns over the coronavirus outbreak, the area's Emotional Health Academy team has started a helpline service.
This is a time of great uncertainty and a lot of children and young people will be feeling anxious and worried about what is going on. Even very young children can pick up on the anxiety of those around them and be upset by the change of routine. This is all very normal and it’s important that we do all we can to support children and young people through this difficult time.

Click on the image above for more information:

If your child is due school immunisations this year, please do not contact your GP regarding this. Our team aims to continue our vaccination programme when it becomes possible. For now, stay home, stay safe.
Easter Bunny a Key Worker!!

Having been told that a reporter had received a letter from a child wondering if the Easter Bunny would be exempt from the lockdown, New Zealand’s PM Jacinda Ardern responded:

"You’ll be pleased to know we consider both the Easter Bunny and the Tooth Fairy to be essential workers," Ms Ardern said.

"But as you can imagine at this time, they are potentially going to be quite busy at home with their family as well, their own bunnies, so I say to the children of New Zealand, if the Easter Bunny doesn’t make it to your household, we have to understand it’s a bit difficult at the moment for the bunny to get everywhere."