

healthwatch

West Berkshire



HM Government

Wash your hands more often for 20 seconds

CORONAVIRUS

PROTECT YOURSELF & OTHERS



Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

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

APPEARANCE

- Pale/mottled/ashen/blue colour
- Collapsed/unresponsive/loss of consciousness
- No obvious pulse or heartbeat
- Severe allergic reaction

BEHAVIOUR

- Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- Seizure/jerking movements/fit

BREATHING

- Sucking in and out between ribs
- Flaring nostrils
- Extremely fast breathing
- Noisy breathing

OTHER

- Bleeding from an injury, that doesn't stop after 10 minutes of pressure

YOU SHOULD GO TO A&E IF

APPEARANCE

- Dizziness/feeling faint
- Rash that does not fade when you press it

BEHAVIOUR

- Severe constant tummy pain

OTHER

- Burn
- Possible broken bone

OTHER

- Swallowed foreign objects (especially magnets/batteries)
- Temperature higher than 38°C in a baby younger than three months old
- Your child has special health care needs and you have a plan that tells you to go to A&E
- Feels abnormally cold to touch
- Expressing suicide (significant self-harm thoughts)

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- Mild/mod allergic reaction (known or suspected)
- New rash that fades when you press on it

BEHAVIOUR

- Mild irritability/sleepier than normal
- Severe tummy pain that comes and goes
- Vomiting and diarrhoea
- Not passed urine for more than 12 hours

BREATHING

- Wheezing/fast breathing

OTHER

- Temperature >39°C (age 3-12 months)
- Temperature over 38°C for more than 7 days
- Accidental overdose of medication or other substances
- Ear pain for more than 2 days
- Emotional distress, that can't be reassured

YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE

- Pink eyes/red eyes

BEHAVIOUR

- Ear pain for less than 2 days
- Mild tummy pain that comes and goes

BREATHING

- Cough
- Runny nose

OTHER

- Temperature over 38°C for less than 7 days

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.



EHA Helpline 01635 503587

For children and young people aged 11-18 years



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.

The screenshot shows the NHS Berkshire Healthcare website. The header includes the NHS logo, the text 'Berkshire Healthcare Children, Young People and Families services', a 'Back to main website' button, and navigation links for 'Get involved', 'News', and 'work for us'. There are also social media icons for LinkedIn, Facebook, YouTube, and Twitter, along with 'HIDE SITE' and 'GET HELP NOW' buttons, a search icon, and a headset icon. The main navigation bar includes 'Home', 'Support and advice', 'Our services', 'COVID-19 (Coronavirus)', 'Referrals', and 'Contact us'. The main content area features the heading 'COVID-19 and your families wellbeing' and the following text: '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.' Below this, it says 'It's important to also look after yourself so that you can help your children in the way that you would want to. Please see our advice on our main website on looking after yourself.' At the bottom, there are four buttons: 'Caring for and supporting your child', 'Coping with isolation as a young person', 'Staying safe at home', and 'Helpful resources'.

Berkshire Healthcare Foundation - Children , Young People & Family Services

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:

The screenshot shows a tweet from Berkshire Healthcare (@BHFT). The tweet text reads: '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.'

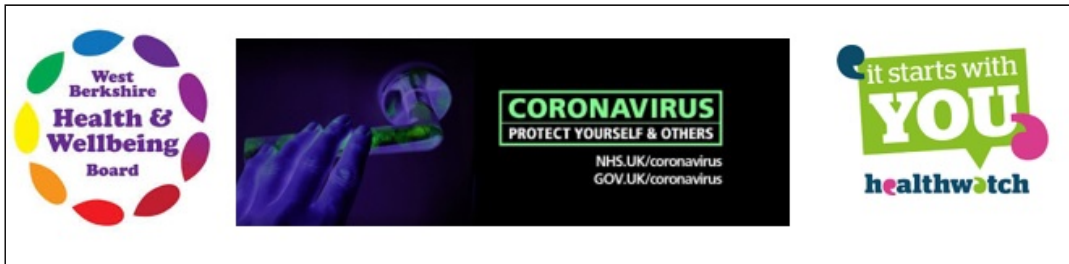


Easter Bunny a Key Worker!!

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."



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