

# Advice for parents during coronavirus

It can be confusing to know what to do when your baby is unwell during the coronavirus outbreak. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Only one parent will be able to attend A&E with their child. Please use the provided hand sanitisers and maintain social distancing. Remember: if your baby is unwell, seek advice and medical attention. Here is some advice to help:



**RED**

### If your baby has any of the following:

- Becomes pale, mottled and feels abnormally cold to touch.
- Becomes stiff for a prolonged period or has rhythmic, jerky movements of arms or legs that does not stop when you touch it (has a fit/ seizure).
- Becomes extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake).
- Develops a rash that does not disappear with pressure (the 'Glass Test').
- Under 3 months of age with a temperature of 38°C / 100.4°F or above (fever is common in babies up to 2 days after they receive vaccinations).
- Becomes too breathless to feed, has pauses in their breathing lasting more than 10 seconds, is grunting or going blue.
- Green vomit (like the colour of spinach or green washing up liquid).
- **If you are frightened because your baby looks very unwell**

### You need urgent help:

Go to the nearest A&E department or call 999



**AMBER**

### If your baby has any of the following:

- Shows signs of working hard to breathe including constantly breathing fast (more than 60 breaths per minute), flaring of the nostrils, and drawing in of the muscles below the ribs.
- Not interested in feeding and/or looks dehydrated (dry mouth, sunken eyes, no tears, or no wet nappies in the last 8 hours).
- Becoming drowsy (increasingly sleepy) or irritable (unable to settle).
- Has yellow jaundice of the skin or whites of their eyes, there is rapid progression in the intensity of your baby's yellowness and/or pale (chalk coloured) stools - keep a sample to show the doctor.
- Shivering.
- Persistent vomiting.
- Blood in the poo.
- **Is getting worse or if you are worried.**

### You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111.

We recognise that during the current COVID-19 crisis, at peak times, access to a healthcare professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, then consider taking them to your nearest A&E.



**GREEN**

### If none of the above features are present and:

- Baby is less than 2 weeks old (or 3 weeks old and breastfed) and looks lightly yellow, mainly on the face, which can progress to a mild to moderate intensity in the next day or two, before fading away completely over the next two weeks.
- Has 4-6 wet nappies a day and continues to pass green poo on Day 2-3 changing to yellow "seedy" poo by Day 5 (breastfed babies' poo can appear "seedy" which are fat deposits within their poo and are a reassuring sign your baby is being well fed).
- Continues to feed well, breast or formula.
- Baby wakes up/cries regularly for feeds.

### Continue providing your child's care at home.

If you are still concerned about your child contact your Health Visitor or call NHS 111 – dial 111

Additional advice is also available for families to help cope with crying in otherwise well babies:

<https://iconcope.org/>