

Advice for parents during COVID-19

While COVID-19 is infectious to children it is rarely serious and children do not always present with common symptoms. If your child is unwell they are likely to be unwell not for reasons related to COVID-19

It is important to follow Government advice to stay at home during this period, but it can be confusing to know what to do when your child is unwell or injured. Here is some advice to help:



If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Is going blue round the lips
- 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')
- Severe difficulty in breathing and becoming agitated or unresponsive

You need urgent help

Go to the nearest children's Emergency Department (ED) or call 999



If your child has any of the following:

- Is finding it hard to breathe
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- 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
- Has extreme shivering or complains of muscle pain
- Is under 3 months of age with a temperature above 38°C / 100.4°F for 3-6 months of age with a temperature above 39°C / 102.2°F (but fever is common in babies up to 2 days after they receive vaccinations)
- Continues to have a fever above 38.0°C for more than 5 days
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe

You need to contact a doctor or nurse today

Please call your GP.

If your child is getting very short of breath, phone your GP or GP out-of-hours service immediately.

Your child will need to self-isolate if they have symptoms of COVID-19.



If none of the above features are present

You can continue to provide your child care at home. Information is also available on [HSE.ie \(https://www2.hse.ie/wellbeing/child-health/advice-children-parents-covid-19.html\)](https://www2.hse.ie/wellbeing/child-health/advice-children-parents-covid-19.html)

Additional advice is also available to young families for coping with crying of well babies <http://iconcope.org>

Self care

Continue providing your child's care at home.

If you are still concerned call your GP.