

Dear Parents and Carers

We hope that you and your families are safe and well in these extraordinary and unprecedented times. We wanted to keep you up to date with some relevant safeguarding information.

## *Domestic abuse*

The government has launched a public awareness campaign highlighting the fact that you can still seek help if you feel you are at risk of or experiencing domestic abuse.

Please remember police response and support services are still available

Support can be found at [gov.uk/domestic-abuse](https://www.gov.uk/domestic-abuse) or you can call 999 if you feel you are in immediate danger.



**If you or someone else is in immediate danger please call 999 and ask for the police. Silent calls will work if you are not safe to speak – use the [Silent Solution](#) system and call 999 and then press 55 when prompted.**

If you can't use a voice phone, you can register with the **police text service** - text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.



Boots pharmacies have introduced a new service for people living with domestic abuse. Those needing help can ask staff at the counter to use the consultation room, where they will be able to contact specialist services for help and advice.

## *Seeking timely medical assistance*

There have been concerns that parents/carers across the country have not been seeking medical advice or assistance when their child is ill or may be developing symptoms of Covid 19. Some children have become seriously ill as a result.

The NHS has produced the attached guide that we hope you may find useful.

# 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](http://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 suicidal/significant selfharm 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

## *Emergency Contact Form*

This Emergency Contact Form was originally distributed by Bristol City Council but we would like to share it with you as we think it serves as a useful reminder for all of us at this time.

### **Parent/Carer Contingency Planning for coronavirus (COVID-19)**

We fully appreciate how hard you are working to keep your child/children safe during this difficult time. We would like to ask you to consider thinking about your contingency plan if you were to become unwell and unable to look after your child/children due to coronavirus. In other words, who would you be able to call on in an emergency?

Please consider your friends and family within your community who might be able to help look after your child/children. We think it is important to start having these conversations now. Once agreed by both parties we suggest you write down the names and contact details of the people you have made these arrangements with. We suggest you leave this information in a prominent place such as on the fridge, mantel piece or by the front door clearly labelled 'In Case of Emergency'.

Here is an example of what to write:

<b>IN CASE OF EMERGENCY</b>	
Date: ..... Name(s): .....	
I/we are the parent(s)/carer(s) of..... .....	
I/we would like to call on the following person or people to look after my/our child/children if I/we become unwell due to coronavirus. Their contact details are below:	
Name:	
Address:	
Phone number:	
Name:	
Address:	
Phone number:	
Name:	
Address:	
Phone number:	

We also suggest you add 'In Case of Emergency' (ICE) contact to your mobile phone. This does not have to be the same as your emergency contingency support for your child/children.