

Advice for parents of babies and children with coronavirus

Despite the recent headlines, please remember that most children with covid will have an asymptomatic or mildly symptomatic illness that will resemble the many viral illnesses that they will have undoubtedly encountered before.

However, this may understandably be a worrying time. If you have any concerns about the wellbeing of your child, please request a video consult with one of our paediatrics team for assessment and advice.

We are offering a paediatric out of hours service which will run when the clinic is closed:

- Monday to Friday 6 - 10pm, Saturday 2-8pm, Sunday 10 am - 4pm

It may also be helpful to have some guidance of things to look out for in your child:

RED	If your child has any of the following signs: <ul style="list-style-type: none">- Pale, blotchy skin that feels unusually cold- Severe breathing difficulty- long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk/eat/drink- An unexpected fit or seizure (they may become stiff or rigid for a long time or make repeated jerky movements that do not stop when you hold them)- Becomes extremely distressed (crying for a very long time despite distraction), is confused, sleepy all the time and difficult to wake up or not responding when awake- Has a rash that doesn't disappear when a glass is lightly pressed against the skin- Under 3 months with a temperature of 38°C/ 100.4 ° F or above- If you are frightened because your child looks very unwell	Your child needs urgent help Call 999 for an ambulance Hospital Authority hotline for admission arrangement: 1836 115
AMBER	If your child has any of the following signs: <ul style="list-style-type: none">- Finding it hard to breathe: drawing in of the muscles below their lower ribs, at their neck or between their ribs, breathing fast all the time, widening their nostrils- Seems dehydrated (sunken eyes, drowsy, no wee passed, a reduced number of wet nappies, or not interested in feeding)- Becomes irritable especially despite their temperature coming down and they unable to settle with toys, TV, food or comfort- Extreme shivering or muscle pain without an obvious explanation- Babies of 3-6 months with a temperature of 39°C / 102.2°F or above	Your child needs a same day video or telephone consultation with one of our paediatricians Email: enquiries@centralhealth.com.hk during regular hours Or for out of hours: childconsult@centralhealth.com.hk If it is outside of our out-of-hours service, if are unable to secure an appointment or you are worried as your child seems to be deteriorating, please call 999

	<ul style="list-style-type: none"> - Babies and children with a fever of 38°C or above for more than 5 days - Constantly being sick - Constant or worsening tummy pain - Blood in the faeces or urine - Increasingly thirsty or urinating more - If they are getting worse and you are worried 	
<p>GREEN</p>	<p>If your child has none of the AMBER or RED signs, then you can continue caring for them at home:</p> <p>1. Fever and pain</p> <ul style="list-style-type: none"> - Check their temperature regularly (ideally with a tympanic/ in-ear thermometer) and give fever medicines such as paracetamol (4 hourly) or Ibuprofen (6-8 hourly) if needed. - There was some concern early on in the pandemic that use of ibuprofen with covid may be dangerous. This theory has been disproven. - Ibuprofen and paracetamol can be used safely in combination with one another if needed. <p>2. Runny nose and cough</p> <p>If this is bothersome, you can try using normal saline spray for nasal congestion. An antihistamine may also be helpful to clear excessive secretions.</p> <p>3. Reduced appetite</p> <p>Children tend to have a reduced appetite when they are not feeling well. There is no need to force feed them, but try to make sure they have an adequate fluid intake; preferably 100-200ml more than their usual amount when they are running a fever.</p> <p>4. Try to keep them as isolated from the rest of the family as possible.</p>	<p>You can continue caring for your child at home.</p> <p>Feel free to book a remote consult with your child’s GP or paediatrician should require any advice.</p> <p>HKSAR Government COVID-19 WhatsApp Hotline: 9617 1823</p> <p>Compulsory Testing Government Hotline: 6275 6901</p>