

# COVID-19 infection

## Discharge from CAU Parent advice leaflet



### Information on COVID-19

#### What is COVID-19?

COVID-19 is an infectious disease, caused by a newly discovered coronavirus strain that first emerged in China in December 2019.

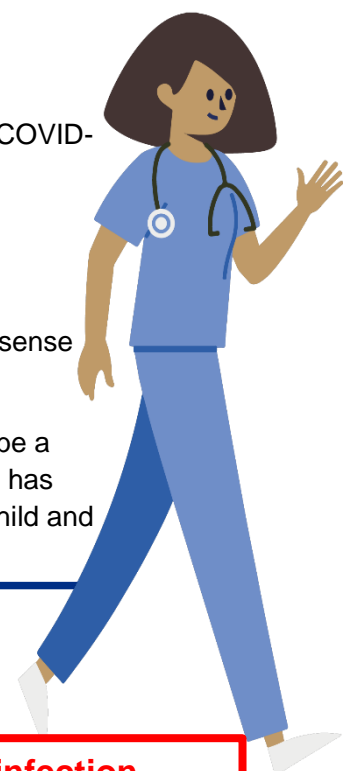
In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe disease.

The new coronavirus outbreak (COVID-19) was declared a pandemic by the World Health Organisation on 11 March 2020.

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- loss of, or change to your sense of smell or taste.

For most children, COVID-19 will be a mild illness. However, if your child has any of the symptoms listed your child and family should isolate at home.



### After your visit to CAU

#### **Your child has been identified as having symptoms of COVID-19 infection**

Your child will need to go home and isolate for 10 days from the onset of symptoms. This also means all other members of the household need to isolate for 14 days from the onset of your child's illness. If anyone else in the household starts displaying symptoms, they need to stay at home for 10 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period.

#### What happens once I leave hospital?

At this point your child is considered well enough to leave hospital. Your child will have been prescribed medication if required. If your child did not require any prescribed medication, then you should be able to manage their symptoms yourself at home.

Ensure your child remains hydrated and give paracetamol if they have a temperature. To aid recovery, try to avoid your child spending long periods of time lying flat in bed; encourage sitting up or in a chair, or moving around at home.

Your child may feel unwell for several weeks, despite the COVID-19 having cleared. However, if the symptoms persist, please call your GP for

a review. If you are still struggling to manage your child's symptoms at home, or their condition gets worse, please contact:

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Your care team may wish to give you some specific guidance below:

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**For a medical emergency, dial 999 immediately**

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### When you get home

#### Can I spread COVID-19 to friends and family?

There is a risk that members of your household – or others your child have been in close contact with over the past two weeks – have been exposed to the virus, but it is possible that they have not. Therefore, your family should follow the government's isolation guidance:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Please continue to monitor this guidance, as it is updated regularly as more evidence becomes available. This will ensure you have the most up to date information on when it is safe to end your household isolation.

Please note that a persistent cough alone does not mean someone must continue to self-isolate beyond the duration advised by the government.

#### Can I get COVID-19 again?

Your child will probably have some immunity to COVID-19 but it's not clear how long it will last. Your child must isolate again if someone they live with (or someone in your support bubble) gets symptoms. Your child must isolate again even if they've had a positive test result for COVID-19 before.

#### Do I need to wear a facemask?

Face coverings should not be used by children under the age of 3 or those who may find it difficult to manage them correctly. You and your child may be issued with a mask to wear as you travel home. Find the latest guidance regarding facemasks here: <https://www.gov.uk/government/publications/staying-safe-outside-your-home>

#### What if my child feels unwell again?

Monitor your child's symptoms regularly and if you have any concerns, go to: <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>



### Protecting yourself and others from COVID-19



**Wash your hands** frequently and thoroughly, for at least 20 seconds. Use alcohol-based sanitiser if soap and water aren't available.



**Cover your mouth and nose** with a tissue when you cough or sneeze, and then throw the tissue in the bin and wash your hands. Alternatively, cough or sneeze into your elbow.



**Avoid touching your eyes, nose and mouth** with unwashed hands.



**Avoid close contact** with people who are sick, sneezing or coughing

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.