

[Patient Name  
Patient address Line 1  
Patient address Line 2  
Patient address Line 3]

**IMPORTANT: PERSONAL**  
**Your NHS number: [NHS NUMBER]**

Dear Parents or Carers of .....,

### **IMPORTANT ADVICE TO KEEP YOUR CHILD SAFE FROM CORONAVIRUS**

The safety of you and your family and the continued provision of care and treatment is a priority for the NHS. This letter gives you advice on how to protect yourself and your family and accesses the care and treatment you need.

**The NHS has identified your child as at risk of severe illness if they catch Coronavirus (also known as COVID-19).** This is because your child has an underlying disease or health condition that means if your child catches the virus, they are more likely to be admitted to hospital.

**The safest course of action is for your child to stay at home and avoid all face-to-face contact for at least twelve weeks, except from carers and healthcare workers who you must see as part of your child's medical care.** This will protect your child by stopping them from coming into contact with the virus.

If, at any point, you think your child has developed symptoms of coronavirus, such as a new, continuous cough and/or high temperature (above 37.8 °C), seek clinical advice using the NHS 111 online coronavirus service (<https://111.nhs.uk/covid-19/>). If you do not have access to the internet, call NHS 111. **Do this as soon as you get symptoms.**

Hopefully you are in touch with friends, family or a support network in your community who can support you to get food and medicine. If you do not have contacts who can help support you go to [www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable), the Government's dedicated website.

**To protect your child from developing Coronavirus (COVID-19), your child should:**

- Strictly avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature (above 37.8 °C) and/or a new and continuous cough
- Not leave your home unless for exercise once a day – for example to go for a walk with another member of the household. Even when doing this activity, your child should be out of the house for the least amount of time and stay at least 2 metres away from anyone outside your household,

- Not attend any gatherings. This includes gatherings of friends and families in private spaces e.g. family homes, weddings and religious services
- Not go out for shopping, leisure or travel. When arranging food or medication deliveries, these should be left at the door to minimise contact.
- Regularly wash their hands with soap and water for 20 seconds. All family members, carers or support workers who visit your home to do the same.
- Keep in touch with people outside their household by using remote technology such as phone, internet, and social media

### **Sharing a house with a person in the 'at increased risk' categories?**

If there is a possibility that you have been exposed to coronavirus:

- ✓ Minimise as much as possible the time any 'additional risk' children spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
- ✓ Aim to keep 2 metres (3 steps) away from them and encourage them to sleep in a different bed and bedroom where possible.
- ✓ If possible, they should use a separate bathroom from the rest of the household. Make sure they use separate towels from the other people in your house, both for drying themselves after bathing or showering and for hand-hygiene purposes.
- ✓ If you do share a toilet and bathroom, it is important that you clean them every time you use them (for example, wiping surfaces you have come into contact with). Another tip is to consider drawing up a rota for bathing, with the 'at increased risk' child using the facilities first.
- ✓ If you share a kitchen, avoid using it while your 'at risk' child is present. If they can, they should take their meals back to their room to eat. If you have one, use a dishwasher to clean and dry the family's used crockery and cutlery. If this is not possible, wash them using your usual washing up liquid and warm water and dry them thoroughly. If the 'at increased risk' person is using their own utensils, remember to use a separate tea towel for drying these.

We understand that it will be difficult for some people to separate themselves from others at home. You should do your very best to follow this guidance and everyone in your household should regularly wash their hands, avoid touching their face, and clean frequently touched surfaces.

Your child will still get the medical care you need during this period. Your Consultant and team may use alternative ways of monitoring your child (e.g. telephone consultations). They may also have other options for managing your child's care and your Specialist Team will be in touch if any changes are needed.

We also advise that:

#### **1. Carers and support workers who come to your home**

Any essential carers or visitors who support you with your everyday needs can continue to visit, unless they have any of the symptoms of coronavirus. All visitors should wash their hands with soap and water for 20 seconds, on arrival and often. It is also a good idea to speak to your carers about what happens if one of them becomes unwell. If you need help with care but you're not sure who to contact please visit [www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable).

## **2. Medicines that your child routinely takes**

The government is helping pharmacies to deliver prescriptions. Prescriptions will continue to cover the same length of time as usual. If you do not currently have your prescriptions collected or delivered, you can arrange this by:

1. Asking someone who can pick up your prescription from the local pharmacy, (this is the best option, if possible);
2. Contacting your pharmacy to ask them to help you find a volunteer (who will have been ID checked) or deliver it to you.
3. You may also need to arrange for collection or delivery of hospital specialist medication that is prescribed for your child from your Consultant/Team at BCH.

## **3. Planned GP practice appointments**

- Wherever possible, the NHS will provide care by phone, email or online. But if we decide your child needs to be seen in person, contact your GP Surgery and they will arrange your visit to the surgery or a visit in your home. Use telephone or online services to contact your GP or other essential services in the first instance.

## **4. Planned hospital appointments**

NHS England have written to all hospitals to ask them to review any ongoing care that you have with them. It is possible that some clinics and appointments will be cancelled or postponed. Your hospital or clinic will contact you if any changes need to be made to your care or treatment.

Otherwise you should assume your care or treatment is taking place as planned. Please contact your hospital or clinic directly if you have any questions about a specific appointment.

## **5. Support with daily living**

Please discuss your daily needs during this period of staying at home with carers, family, friends, neighbours or local community groups to see how they can support you. If you do not have anyone who can help you, please visit [www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable).

This letter is evidence, for your employer, to show that you cannot work outside the home. You do not need to get a fit note from your GP. If you need help from the benefit system visit <https://www.gov.uk/universal-credit>.

## **6. Urgent medical attention**

If you have an urgent medical question relating to your child's **existing** medical condition please contact your specialist hospital care team, directly. Where possible, you will be supported by phone or online. If your Consultant and team decides you need to be seen in person, we will arrange a visit to hospital with minimal contact with other patients and families as well as with hospital staff.

To help the NHS provide you with the best care if your child needs to go to hospital as a result of catching coronavirus, we ask that you prepare a single hospital bag. This should include your emergency contact, a list of the medications your child takes (including dose and frequency), any information on your child's planned care appointments and things your child would need for an overnight stay (snacks, pyjamas, toothbrush, medication etc). If your child has an advanced care plan, please include that.

## **7. Looking after your child's and family's mental well-being**

We understand that this may be a worrying time and you may find staying at home and having limited contact frustrating. At times like these, it can be easy to fall into 4

unhealthy patterns of behaviour, which can make you feel worse. Simple things you can do to stay mentally and physically active during this time include:

- Look for ideas of exercises to do at home on the NHS Website
- Spend time doing things you enjoy – reading, cooking and other indoor hobbies
- Try to eat healthy, well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and recreational drugs
- Try spending time with the windows open to let in fresh air, arranging space to sit and see a nice view (if possible) and get some natural sunlight. Get out into the garden or sit on your doorstep if you can, keeping a distance of at least 2 metres from others.

You can find additional advice and support from [Every Mind Matters](#) and the [NHS mental health and wellbeing](#) advice website.

Further information on coronavirus, including guidance from Public Health England, can be found on the nhs.uk (<https://www.nhs.uk/conditions/coronavirus-covid-19/>) and gov.uk (<https://www.gov.uk/coronavirus>) websites.

Yours sincerely,

[Clinician]  
[Practice Phone no]

**List of diseases and conditions considered to be at increased risk:**

An underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds):

- o Being seriously overweight
- o [Diabetes](#)
- o [Chronic kidney disease](#)
- o Chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
- o Chronic neurological conditions, such as a learning disability, [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), or cerebral palsy
- o Chronic heart disease, such as [heart failure](#)
- o Chronic liver disease, such as [hepatitis](#)
- o Problems with your spleen – for example, [sickle cell](#) disease or if you have had your spleen removed
- o A weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)