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Dear Parent / Carer

The country is currently going through the national emergency period of the COVID19 pandemic.

It appears that some parents are choosing not to take their sick child to hospital if required, because of their anxiety of catching the virus. Covid-19 seems to generally cause a mild illness in children.

If your child is unwell and you are concerned, you should not delay in getting help from medical services. You can do this by contacting your GP or the national health hotline 111. Your child may have an underlying long term disorder and be already known to health services in the NHS. You could try contacting a health service staff member who knows your child for advice, e.g. Community Childrens Nurse

The Royal College of Paediatrics and Child Health have provided guidance on how to tell if your child is seriously ill. If they have any of the following symptoms: please go to the nearest hospital A&E department. If your child looks seriously unwell, call 999.

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts [grunting](#)
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the '[Glass test](#)')
- Has testicular pain, especially in teenage boys

Thank you for your cooperation and best wishes