

# A MESSAGE TO PARENTS & CAREGIVERS OF CHILDREN DURING THE COVID-19 PANDEMIC

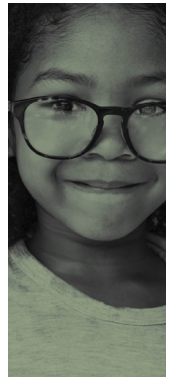
The COVID-19 virus is changing our lives. You may worry about bringing your child to visit a doctor, nurse or to the hospital. Children still need medical care for many reasons not related to COVID-19.

Health care for your child is safe. Offices, clinics and hospitals have the correct supplies and procedures in place to keep everyone safe during your visit. Your family can still get essential medical care.

Very few children and youth have become seriously ill from COVID 19. It is safest for your child to get the medical care they need, like routine immunizations. The risks of not seeking medical care can be much higher than the risks of your child getting sick from COVID-19.

If you are unsure if your child needs medical care, use the red, amber and green below to help you decide. If your child has symptoms of COVID - 19, if able, call ahead to the hospital or clinic to tell them you are coming.

You know your child best. If you are worried about their physical or mental health call 8-1-1 or your health care provider.



## EMERGENCY medical care

Go to your nearest Emergency Department or call **9-1-1** if your child:

- Has trouble breathing, has quick or irregular breathing, or makes grunting sounds
- Has blue lips or skin, or is very pale
- Loses consciousness, is not responsive or does not respond like they usually do
- Is an infant and is not feeding, is vomiting (throwing up) and/or has diarrhea AND has no tears, dry mouth or is not passing urine (pee)
- Is younger than three months old and has a fever of 38 degrees Celsius or higher. If your baby is 6 weeks old or younger, read "**Is my baby sick with COVID-19?**" from the BCCDC website.
- Is having a seizure
- Has a severe burn
- Has bleeding that does not stop
- Has painful or swollen testicles, especially in teenaged boys
- May be poisoned

If your child is thinking about or trying to end their life, get emergency help. Call **9-1-1** or **1-800-SUICIDE**.

## SAME DAY medical care

Call your child's doctor, nurse practitioner, community or public health nurse, First Nation Community Health Centre, Primary Care Clinic, or Urgent Primary Care Center. Or, visit a walk in clinic. For help 24 hours a day, call **8-1-1** or visit **HealthLinkBC.ca**. Visit a health care provider today if your child:

- Is more than 3 months old, has a fever of 38 degrees Celsius or higher, seems sleepy, and acetaminophen (Tylenol) or ibuprofen (Advil) do not help
- Has a fever and other signs of illness, like a rash, cough, vomiting, or diarrhea
- Is not eating or drinking well, and is lethargic (low energy), fussy or grumpy
- Is vomiting a lot, especially if you see blood in it
- Has diarrhea or is vomiting, is not making tears, and is not passing urine as they normally would. Babies usually pass urine every 3 hours and toddlers every 4-6 hours
- Has an injured arm or leg that looks swollen, crooked or hurts
- Has a head injury and loses consciousness, vomits, or does not respond like they usually do
- Has blood in their stool (poo) or urine
- Has been sick, is getting worse and you feel worried

If you or your child are in danger or feel worried about your safety, get same day medical care.

## ROUTINE & ONGOING CARE medical care

Your health care provider may offer care in person or online, depending on your child's need.

Call your child's doctor, nurse practitioner, community or public health nurse, First Nation Community Health Centre, Primary Care Clinic, or Urgent Primary Care Center. Or, visit a walk in clinic. Make sure that your child gets:

- Well baby checks, these often start when your baby is 3 to 5 days old
- Regular immunizations when your child is 2 months, 4 months, 6 months, 12 months, and 18 months old, when they are kindergarten age, and in grades 6 and 9
- Regular visits with their health care provider, if your child has ongoing medical needs
- Any medicine that their health care provider prescribes. During COVID-19, your pharmacist can refill most medicines without a new prescription
- Mental health support. You can get help from:
  - Kelty Mental Health ([keltymentalhealth.ca](http://keltymentalhealth.ca))
  - Foundry ([foundrybc.ca](http://foundrybc.ca))
  - Your local **Child & Youth Mental Health office**

For reliable and up to date information, visit the **BCCDC COVID-19** website.