

Eversley Primary School



'Be the best you can be'

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Dear Parents / Carers

Seeking medical help for sick children during the COVID-19 crisis

Since the COVID-19 crisis struck there has been a marked reduction in children attending A&E – a sign parents may be delaying seeking medical help for their children. Much of this is due to the misunderstanding that all NHS services are focusing on COVID and normal services are not operating. Self-isolation, social distancing, the fear of infection in hospital, are also things which may cause a delay in seeking help for a sick child. However, these delays could cause children to become more poorly than they should do. We have been asked to remind parents what they need to do should their child become unwell.

- The attached poster contains advice for when a child is unwell/injured, it has been approved by NHS England to support parents and carers in when to seek help and advice and which service they should contact.
- This video has been produced locally by two clinicians and informs parents of the services available and when to seek help. <https://www.youtube.com/watch?v=u5Mgm1cmptw&feature=youtu.be>

Both the poster and video are just a number of resources available on the [ESCB's COVID-19 webpages](#). As well as general information about the pandemic, there are specific [resources for families](#) including emotional wellbeing and home-schooling links and a [summary of changes to children and families support services in Essex](#)

Today is what would usually be the last day of the Easter holidays and we will be back in touch with you all on Monday. In the meantime, here are some resources that promote and support children and young people's mental wellbeing:

- [MindEd educational resources for adults about children and young people's mental health](#), which is relevant for parents and carers as well as volunteers, teachers, and other professionals working with children
- the [Every Mind Matters](#) platform which supports looking after your own and other's mental health
- [guidance on looking after wellbeing and mental health](#) during the coronavirus (COVID-19) outbreak
- [guidance on supporting children's wellbeing and mental health](#)

Yours faithfully

P Pepper
Headteacher