

Coronavirus (COVID-19)

Information for young people



Leeds children's
hospital

caring about children

We understand that the current coronavirus pandemic may be a cause of worry for you, especially if you have a long term health condition.



This leaflet from Leeds Children’s Hospital (LCH) gives our advice to you and sets out the action we are taking to respond to the coronavirus outbreak.

At LCH, we are following official guidance from the World Health Organisation, UK Government and the NHS. The situation is changing all the time and we will aim to update this information as needed but you can always check the most current advice on the **GOV.UK** website at:

[Gov.uk/government/topical events/coronavirus-covid-19-uk-government –response](https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response)

We asked our Hospital Youth Forum about coronavirus and what questions they would ask, we have answered them here:

So what is coronavirus (COVID-19)?

It is a virus that affects the lungs, and can make it harder to breathe.

What are the main symptoms?



- A persistent cough (one that won’t go away!)
- A High Temperature (over 37.8 C)
- Difficulty in breathing (feeling out of breath)

As these symptoms are similar to lots of other common illnesses, the only way you can be sure that you have coronavirus is to be tested. We are currently only testing people who have symptoms of coronavirus who need admission to hospital.

If you are worried that you may have coronavirus, **STAY AT HOME** and you or your parents should call **NHS111** for advice.

Does COVID-19 affect Young People?

What we know at the moment is that young people do develop COVID-19, however very few will develop a severe infection with COVID-19 even if they are immune compromised or have a long term health condition.

I have a long term health condition, what should I do?

Your specialist team will contact you directly to give you specific information relating to your condition in line with national advice. If you have any questions please seek advice from the LCH teams involved in your care.

We also advise that you look at the latest NHS guidance on [nhs.uk](https://www.nhs.uk). **We are still here for you, please make contact with us as you normally would if there are any changes to your underlying health problem.** We will do our best to answer your queries but this may take longer than usual.

What can I do to help protect my health and that of others?

As of 23rd March, **EVERYONE** in the UK has been ordered by the Government to **STAY AT HOME** and practise social distancing. The World Health Organisation promote five key steps for people to follow to protect their health these are:

- Staying at home
- Good hand washing (for at least 20 Seconds)
- Not touching your face, eyes or nose
- Coughing onto a tissue or sleeve
- Social distancing (this means keeping at least two metres away from anyone outside of your household)



You may have received a letter or email informing you that due to your long term health condition, you might be at risk of being more unwell and need to take greater precautions to protect your health. If you have any questions about this letter or email please contact your specialist team directly.

The Director General of The World Health Organisation made the following statement to Young people:



“Young People are not invincible, even if you don’t get sick, the choices you make about where you go could be the difference between life and death for someone else. I’m grateful that so many young people are spreading the word and not the virus”



How will I see my consultant or hospital team now?

We are currently trying to do as many virtual (video) or telephone clinic appointments as possible, you will be contacted with the appointment details and how to login to our “Attend anywhere” video consultation service. Your consultant will only see you in person if absolutely necessary.

How do I get my medicines?

As we need to reduce the number of people coming into Leeds Children's Hospital, we are making alternative arrangements in how some young people get their medicines. This may be by a company who can deliver to your door, through Homecare or through your local Boots pharmacy. Where possible, we aim to make sure you can get your medicines through the usual route.

We will let you know if there are changes to how you usually collect your regular and long term medicines.

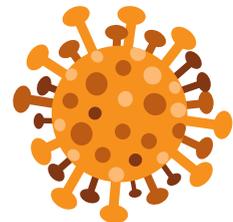
We hope this helps to reassure you that your medicines are not affected by the current situation. As always, please ensure that you have **AT LEAST TWO WEEKS** supply of regular and long term medicines.

It is important that we have up-to date records; if you have moved home recently, please make sure we have your current address and telephone number. If you have any questions about your medicines, please contact your clinical nurse specialist or our medicines information department at medicines.information@nhs.net.

Should I stop taking my medicines if I get COVID-19?

No, please continue taking your medication, it is very important.

Please speak to your specialty team if you have any questions. Not taking your medication could make your condition worse.



What is LCH doing to protect visitors and staff in the hospital?

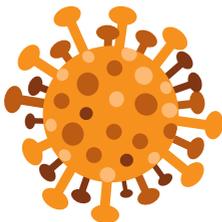
We are taking appropriate action to keep everyone at LCH as safe as we can. We are advising our staff, patients and families to follow the UK Government Social Distancing guidance wherever possible.

We have made the decision to stop as many people as possible coming into Leeds Children's Hospital by changing our visiting policy.

Only ONE parent or designated adult will be able to stay. No one else will be able to visit.

It has been very hard to make this decision, but it is the best way of reducing the spread of coronavirus. It is important to remember that these measures will not last forever but they will remain in place for the next few months until LCH and the UK government are happy that the coronavirus spread is well under control.

All our clinical staff are having training on how to reduce the risk of spreading the virus in the hospital.



We know that your world has turned upside down over the last few weeks with the closing of schools , exams being cancelled, and now you are being asked to distance yourself from friends and loved ones.

If you would like to join the online community that our Hospital Youth Work Team has set up in order to support you please email: leedsth-tr.yf@nhs.net

Here at LCH we've been working hard to create a list of useful resources that you can access for further help and support:

- www.lchtv.com
- www.mindmate.org.uk
- www.teenconnect.org.uk
- www.through-the-maze.org.uk
- www.youngminds.org.uk
- www.signhealth.org.uk
- www.princes-trust.org.uk
- www.childline.org.uk
- **THE RUNDOWN** - ITVs' News Service for Young People. Check out ITV News' Instagram and Facebook stories.
- www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus for top tips re hand washing, activities etc.
- For information regarding the Hospital Youth Work service, Youth Forum and Youth Club please email: leedsth-tr.yf@nhs.net
- www.lchtv.com has a dedicated section for COVID-19 with films and information. We would love you to upload your own films to share your experiences.



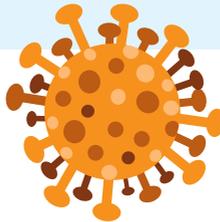


We really do understand how tough this is for you, but know this:

YOU can make a **REAL** difference in the fight against the coronavirus spread. **CHOOSE** to stay at home, **CHOOSE** to protect yourself, **CHOOSE** to help protect the people you care about by practising **SOCIAL DISTANCING**



YOU GOT THIS.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter

