

LONG COVID

SUPPORT SERVICE FOR UNDER 18S

Children and teenagers in your school may be experiencing long term symptoms or problems from COVID-19. Symptoms may include fatigue, brain fog, pain, breathing difficulties, headaches, anxiety, low mood and sleep disturbances. You may see the effect of this in different ways including poor school attendance, difficulty maintaining usual activity levels and increased anxiety. Whilst most children / teenagers will get better without any specialist help, if symptoms are persisting for more than 12 weeks and this is having a functional impact, help should be sought.

Parents should be encouraged to seek advice from their GP, who can assess the child and refer them to the Long Covid service if appropriate. This service is a specialist team including a paediatrician, occupational therapist, physiotherapist and psychologist, who will discuss child's symptoms, and meet with them face to face if necessary. The team will work with colleagues to help the child receive the right help, therapy and support that they need. The service will provide signposting to self-help / community resources.

Focus on equity of access:

COVID-19 disproportionately affects groups of people with health inequalities, ethnic minorities and those living in deprivation. We want to ensure that children in these categories also receive the help they need, and increased vigilance may be required from you to empower parents to seek self-help resources and GP advice.

If parents are not following advice to seek GP input, then consider if this is a safeguarding concern. Children / teenagers who have mild symptoms may benefit from schools being aware of universal support which can support them during their recovery.

Resources:

- www.yourcovidrecovery.nhs.uk
- [Sleep hygiene information and downloadable leaflet](#)
- [Fatigue management](#)
- [Instructions for completing daily fatigue diary](#)
- [Energy Measure Instructions](#)

