

Herts Valleys CCG

Advice for Parents during Coronavirus

Whilst Coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-Coronavirus illness, rather than Coronavirus itself. Whilst it is extremely important to follow Government advice to stay at home during this period, parents shouldn't delay in seeking help or advice if their child is unwell. [NHS111 online](#) is now the first place for to seek advice for over 5s. As it can be confusing to know what to do when your child is unwell or injured, the Royal College of Paediatrics and Child Health has developed some information to advise parents on how best to seek help during the current pandemic. [This is available on their website here.](#)

Now more than ever, Every Mind Matters

At this point in time with the Coronavirus pandemic throughout the nation, our mental health has become a priority whilst isolation measures continue. PHE have launched a new campaign to support people to manage their mental wellbeing during this difficult time, using [Every Mind Matters](#) self-care resources to help get this important message across for people to take care of their mental health during these tough times. Please keep an eye out on social media channels for Every Mind Matters posts and join in the conversation with the hashtags #EveryMindMatters and #StayHomeSaveLives

Childhood Immunisations

Immunisations have not been cancelled during the current pandemic and parents should continue to make sure that their children attend appointments for vaccinations.

Vaccinations are not able to be delivered in schools because they are closed but they are instead the school nursing service is delivering vaccinations at local immunisation centres. When children's vaccinations are due parents will receive an invitation to have in the usual way by first class post. The invitations will provide a number for parents to ring to arrange an appointment. When they call to make an appointment they will be given a choice of venues near to their home.

Covid-19 Information for pregnant women

This is a concerning time for pregnant women. For those under the care of Watford General Hospital the hospital trust has published a letter on their website with information on labour, antenatal and postnatal care. [You can read this here.](#)

All pregnant women are being actively encouraged to make full use of the hospital's 24/7 Maternity Team triage and assessment telephone line on 01923 217 343 at the present time. You'll get to speak to a midwife and the back-up team of specialist doctors and medics. Call with any concerns about yourself or your baby or if you are in the early stages of labour.

Advice for Breastfeeding Mums

Mothers who are concerned about breastfeeding while being infected with COVID-19 (or who have symptoms and are concerned they may be infected) are being signposted to Public Health England advice as part of the 'Stay at home' guidance on the gov.uk website which is detailed below.

If you are breastfeeding while infected with Covid 19:

There is currently no evidence to suggest that the virus can be transmitted through breast milk. Infection can be spread to the baby in the same way as to anyone in close contact with you. The benefits of breastfeeding outweigh any potential risks of transmission of the virus through breast milk or by being in close contact; however, this will be an individual decision and can be discussed with your midwife, health visitor or GP by telephone.

If you or a family member are feeding with formula or expressed milk, you should sterilise the equipment carefully before each use. You should not share bottles or a breast pump with someone else. [Link here to the guidance on the www.gov.uk website.](#)

Residents can find links to key sources of help and advice, links to guides about the virus and links to information about local services on the [Coronavirus page of the CCG website.](#)