

# Coronavirus (COVID-19) – information for children, young people and families from the Inherited Cardiovascular Disease team

We understand that you might be worried about coronavirus – also known as COVID-19 – particularly if your child has a long-term health condition. This information sheet from the Inherited Cardiovascular Disease team at Great Ormond Street Hospital (GOSH) sets out our advice for children, young people and families who use our services.

Please read this alongside our general FAQs for families at [gosh.nhs.uk/covid-19-FAQ](https://gosh.nhs.uk/covid-19-FAQ). You can also find the latest news, information and resources in our COVID-19 information hub at [gosh.nhs.uk/coronavirus-hub](https://gosh.nhs.uk/coronavirus-hub).

This information comes from the Association for Inherited Cardiac Conditions and has been approved by the clinical team at GOSH.

## Does COVID-19 affect children?

The evidence to date suggests that although children do develop COVID-19, very few children will develop a severe infection with COVID-19, even if they have an underlying health condition.

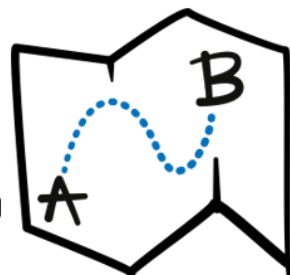
Most children and young people with an inherited cardiovascular disease are not considered at increased risk of catching COVID 19, nor of being more severely affected by the virus. They do not need to 'shield' but they and their families should still follow the government's widely published precautions to prevent the spread of infection, including social distancing and keeping good hand hygiene.

## Specific advice about inherited cardiovascular diseases

### Brugada syndrome

Patients diagnosed with Brugada syndrome, or children who are at risk of this condition due to their family history, should take particular care to treat any fevers aggressively with paracetamol and ibuprofen. If a fever does not respond to these medications, please call NHS 111 for advice or access the service online at [111.nhs.uk](https://111.nhs.uk). They may be asked to attend their local A&E department for ECG monitoring.

Whatever their underlying condition, if you are worried about your child or feel their life is at risk, please call 999 or take them to your local A&E or urgent care centre as you normally would.



## Specific advice about medicines from the Inherited Cardiovascular Disease team

Taking medication is very important and not taking it could make your child's condition worse. Please consult your specialty team before making any decisions regarding your child's medication.

## Should we make alternative clinic appointments?

Our clinical teams are looking at each patient carefully to work out which clinics and consultations can be done another way such as through video or phone calls, which appointments, procedures and admissions can be rescheduled safely, and which patients absolutely need to come into hospital.

## Further information and support

Information from the NHS at [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

Information for children is available on the BBC Newsround website at [www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)

Information relating to specific inherited cardiovascular diseases can be accessed through the following websites:

### British Heart Foundation:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health>

### Cardiomyopathy UK:

<https://www.cardiomyopathy.org/>

### Marfan Trust:

<http://www.marfantrust.org/news/marfan-trust-statement-on-covid-19>

### Association for Inherited Cardiac Conditions (AICC):

If your child has an upcoming clinic appointment, we will be in touch with you to discuss how we can best carry this out. This may mean that your child is offered a telephone appointment or video consultation. If your child needs to be seen in person, we are here to support you and can arrange for the Inherited Cardiovascular Disease team to see them at GOSH.

As we start to re-open our services, we are prioritising children and young people who need our care most urgently. We understand that some families may be worried about visiting GOSH, but if we have booked a face-to-face appointment at the hospital, it's because we think it's important that your child is seen.

[https://theaicc.org/?page\\_id=649](https://theaicc.org/?page_id=649)

### Arrhythmia Alliance:

<http://www.arrhythmiaalliance.org.uk/>

