

# Coronavirus (COVID-19) – information for children, young people and families from the Rheumatology 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, such as arthritis, lupus, myositis, vasculitis or other rheumatology condition. This information sheet from the Rheumatology team at Great Ormond Street Hospital (GOSH) sets out our advice for children and young people 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 guidance aligns with that of the British Society of Rheumatology and the British Society of Paediatric and Adolescent Rheumatology, and has been approved by the clinical team at GOSH.

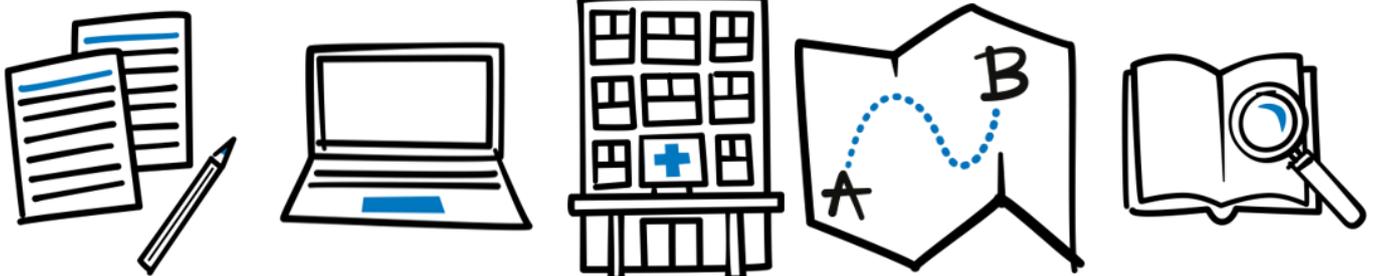
## Does COVID-19 affect children?

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

At the start of the pandemic, it was thought that some children and young people with rheumatology conditions may be at higher risk because of COVID-19, specifically those on immunosuppressive medication. This was a sensible and safe approach based on the evidence at the time. You may have been advised by the NHS and your clinical team to 'shield' your child.

As of 10<sup>th</sup> June, the Royal College of Paediatrics and Child Health (RCPCH) updated their guidance for children and young people with rheumatology conditions. This is because the majority of immunosuppressed children no longer appear to be at higher risk, which is very reassuring.

Most children and young people with rheumatology conditions are no longer considered to be 'extremely clinically vulnerable'. There is only a small group of rheumatology patients that should continue shielding, whether because of the type of treatment they're receiving or their specific medical situation.



If your child needs to shield, you will receive a communication from the NHS and/or your clinical team at GOSH.

Find more information about which rheumatology patients require shielding on the RCPCH website at [www.rcpch.ac.uk/resources/covid-19-shielding-guidance-children-young-people#children-who-should-be-advised-to-shield](http://www.rcpch.ac.uk/resources/covid-19-shielding-guidance-children-young-people#children-who-should-be-advised-to-shield).

If your child is not included in these shielding lists, they should now be able to follow national guidance for everyone in the UK, outlined at [gov.uk/coronavirus](http://gov.uk/coronavirus).

If you're unsure whether your child should be shielding or have questions or concerns about staying shielded, please contact your clinical team.

We appreciate being asked to shield your child might cause anxiety. You can find special guidance from GOSH on what shielding means for child and family at [gosh.nhs.uk/covid-19-and-vulnerable-children](http://gosh.nhs.uk/covid-19-and-vulnerable-children). You can find further guidance on shielding at [nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk-from-coronavirus/whos-at-higher-risk-from-coronavirus](http://nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk-from-coronavirus/whos-at-higher-risk-from-coronavirus).

If your child has any additional or new medical problems, please seek advice from the other clinical teams involved in their care.

You can also access urgent medical advice by calling NHS 111 or using the online service at [111.nhs.uk](http://111.nhs.uk). However, if you are very worried about your child or you feel their life is at risk, you should call 999 or take them to A&E or an urgent care centre as you normally would.

## Specific advice about medicines from the Rheumatology team

It is very important that your child continues to take their medication as prescribed. Not taking it could make their condition worse. Please consult

your specialty team before making any decisions regarding your child's medication.

Please remember patients on long-term glucocorticoids (steroids, prednisolone) should not stop these suddenly. If you and your clinical team are planning for your child to start or switch to a new medication, this may now be reviewed. We will contact you to discuss any changes. Some medications are being switched from infusion to injection to allow them to be given at home.

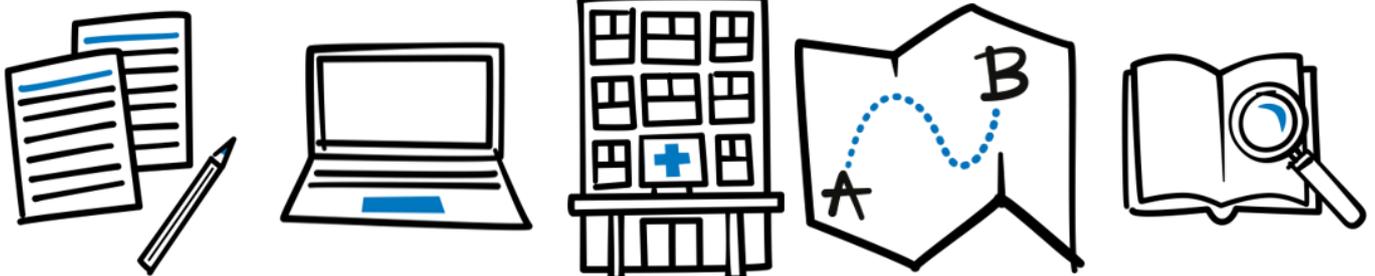
If you think your child may have an infection, contact your clinical team to let them know. Immunosuppressive therapy may need to be paused for the duration of the infection and until they feel well. This will be done in careful consultation with their rheumatology team. This may mean that infusions or treatments are postponed until they feel better.

## 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.

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 your child is offered a telephone appointment or video consultation. If your child is unwell and needs to be seen in person, we are here to support you and can arrange for the Rheumatology 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 book a face-to-face appointment at the



hospital, it's because we think it's important that your child is seen.

## Further information and support

### Advice for rheumatology patients

[www.versusarthritis.org/news/2020/march/coronavirus-covid-19-what-is-it-and-where-to-go-for-information/](http://www.versusarthritis.org/news/2020/march/coronavirus-covid-19-what-is-it-and-where-to-go-for-information/)

[www.ccaa.org.uk/coronavirus-support-resources/](http://www.ccaa.org.uk/coronavirus-support-resources/)

<https://www.rheumatology.org.uk/News-Policy/Details/Covid19-Coronavirus-update-members>

<https://www.ccaa.org.uk/wp-content/uploads/2020/06/School-Reopening-Paed-Rheum-Ophthal-Advice-FAQs-final-12062020-002.pdf>

<https://www.rcpch.ac.uk/resources/covid-19-shielding-guidance-children-young-people#sb-site>

### General advice and support

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

Information from Royal College Paediatrics and Child Health for parents and carers at [www.rcpch.ac.uk/resources/covid-19-resources-parents-carers](http://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers)

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

