

Coronavirus (COVID-19) – information for children, young people and families from your heart and lung transplant team

We understand that you might be worried about coronavirus – also known as COVID-19 – particularly if your child has had a heart and/or lung transplant. This information sheet from your Heart and Lung Transplant 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. You can also find the latest news, information and resources in our COVID-19 Information hub at www.gosh.nhs.uk/covid-19.

This information 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 symptoms, even if they have an underlying health condition.

However, as your child is taking immunosuppressant medicines to reduce the risk of their transplant being rejected, they are included in the 'clinically extremely vulnerable' group as outlined by Government guidance.

This means that your child should follow 'shielding' measures [as outlined on the Government website](#), until advised otherwise.

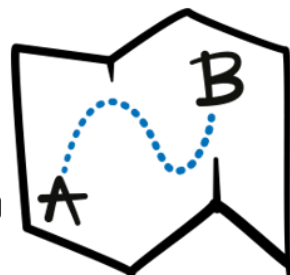
We appreciate being asked to shield your child might cause anxiety. You can find special guidance from GOSH on what shielding means for child and family at gosh.nhs.uk/covid-19-and-

[vulnerable-children](#). Further guidance on shielding can also be found at nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk-from-coronavirus/whos-at-higher-risk-from-coronavirus.

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

If there is any change in your child's underlying condition, please contact their clinical team via MyGOSH. If you are very worried about your child or you feel their life is at risk, you should always call 999 or go to your local A&E or urgent care centre as you normally would.

If your child is admitted to your local hospital, please inform us and ask your local team to contact GOSH directly.



Specific advice about medicines from the Heart and Lung transplant team

The risk of stopping your child's medicines outweighs the risk of developing COVID-19. Your child should continue to take their medicines as prescribed, or as advised by your transplant consultant. Not taking them could make their condition worse. Please consult your specialty team before making any decisions regarding your child's medication.

Remember, heart and lung transplant patients should never take ibuprofen.

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/

Information for children is available on the BBC Newsround website at www.bbc.co.uk/newsround

Under normal circumstances, your child would have regular blood tests to monitor their condition. If your child has an upcoming clinic appointment, we will be in touch with you to discuss how we can best carry this out, including arranging for them to have blood tests locally or doing a finger prick at home. Your child may also be offered a telephone or video consultation.

If you visit any hospital or clinic for a blood test or review, only one parent or carer should accompany your child. This should be the same if you are attending GOSH.

Please do not attend GOSH for any routine clinic if you or your child has symptoms of COVID-19. This is to ensure that all patients remain as safe as possible. If you're worried about whether to attend an upcoming appointment, please contact your clinical team.

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.

