

Coronavirus (COVID-19) – information for children, young people and families from the Metabolic 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 a metabolic disorder. This information sheet from the Metabolic 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 gosh.nhs.uk/coronavirus-hub.

This information comes from the British Inherited Metabolic Disease Group (BIMDG) and metabolic Clinical Reference Group (CRG) 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.

Some children with metabolic disorders may have associated lung (pulmonary) disease or have a tendency to frequent chest infections that may put them at more risk if they develop COVID-19.

Other children with metabolic disorders may be at risk of a “metabolic decompensation” (worsening of symptoms) if they develop COVID-19, in the same way that any infection can disturb their metabolic condition.

Now that shielding has been paused by the Government, your child will be able to go out and about safely. We recommend that all patients and their families follow Public Health England’s guidance around social distancing and hand hygiene, available on the [gov.uk](https://www.gov.uk) website.

Specific advice about medicines from the metabolic team

All normal medicines should be continued, and you should ensure you have a supply of your child’s emergency regimen if they have one advised by the Metabolic team.

If you, your child or anyone else in your household has symptoms of COVID-19, please do not visit your doctor or pharmacist – stay at home and use the NHS 111 online service at 111.nhs.uk for urgent medical advice. You should also contact your clinical team at GOSH to let them know.



However, if you are worried about your child or feel their life is at risk, you should call 999 or go to your local A&E or urgent care centre as you normally would.

Should we make alternative clinic appointments?

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

If your child has an upcoming clinic appointment, we will be in touch with you to discuss how we can best carry this out. We appreciate your patience with this as we work on getting our services up and running safely and smoothly.

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

Specific information relating to Metabolic disorders and COVID-19 can be found at www.bimdg.org.uk

