

Coronavirus (COVID-19) – information for children, young people and families from the Inflammatory Bowel 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, such as inflammatory bowel disease (IBD). This information sheet from the Gastroenterology 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 information about coronavirus (COVID-19) available online at www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families

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.

The Government has issued specific COVID-19 guidance for the 1.5 million most vulnerable people living with chronic illness in the UK – this includes people needing immunosuppressant medication.

To address this, IBD centres across the UK have helped draw up the enclosed risk assessment. This consists of three levels of risk:

Higher risk: these patients are instructed to following 'shielding' guidance. 'Shielding' requires people to stay at home and avoid face to face contact with anyone else.

Moderate risk: possible increased risk from COVID-19 so social distancing is imperative.

Lower risk: follow the same advice as for the general population.

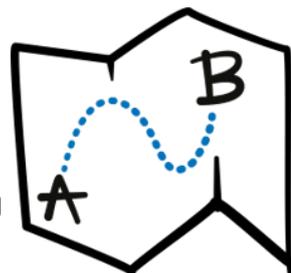
We recognise this assessment of risk is imperfect and will inevitably change frequently. We fully expect some patients to move between risk groups during this 12-week period.

The GOSH IBD team will review the records of every IBD patient, categorise them into the three levels of risks and advising them on what they need to do.

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

Specific advice about medicines from the IBD team

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



Immunosuppressive medicine for Crohn's and Colitis includes azathioprine, mercaptopurine, methotrexate, ciclosporin, infliximab, adalimumab, sirolimus, ustekinumab, prednisolone, budesonide, vedolizumab and tacrolimus.

Taking your child off these medications can lead to a flare of their disease, which can then lead to hospitalisation.

Should we make alternative clinic appointments?

Clinicians are looking to remove the need for patients to attend face-to-face appointments wherever possible. This might involve to telephone appointments or exploring video consultations.

If your child has an upcoming clinic appointment, we will be in touch with you to discuss how we can best carry this out remotely.

Your IBD team are here to support you.

Further information and support

Information from Crohn's and Colitis UK at www.crohnsandcolitis.org.uk

Information from CIRCA (IBD Charity for Children in the UK) at www.cicra.org/news/coronavirus/

Information from Great Ormond Street Hospital at www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families

Information from the NHS 111 website at www.111.nhs.uk/covid-11

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

