



Coronavirus (COVID-19) and Epilepsy

We understand that it is a worrying time for everybody with the current pandemic.

Is my child more at risk of COVID-19?

There is currently no information to say that people with epilepsy are more at risk of coronavirus (COVID-19) or that they are severely affected by the coronavirus than people without health conditions.

Do I need to Social Distance my child?

The Public Health England advice can be found at www.gov.uk

What if my child is on Immunosuppressant Medication?

You will be aware if your child is currently being treated with immunosuppressant therapy and would have been made aware of the increased risk of infections during treatment.

What is the difference between Social Distancing and Self Isolation?

Social Distancing are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus COVID-19. They are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
3. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
4. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
5. Use telephone or online services to contact your GP or other essential services

Self Isolation is for those with symptoms of COVID-19. The advice is that the person should remain at home for 14 days after the onset of their symptoms. This will reduce the risk of infecting others. The 14-day period starts from the day when the first person in your house became ill.

How does COVID-19 effect children?

What they have seen so far is that children with coronavirus appear to be less severely affected. It is nevertheless important to do your best to follow the government guidance.

Will COVID-19 cause seizures?

There is no information about coronavirus triggering seizures in people with epilepsy. However, some people are more likely to have a seizure when they are unwell, particularly if they have an illness with a temperature. The NHS advises drinking plenty of water and taking paracetamol (Calpol) to help with the symptoms of coronavirus including fever. Paracetamol is safe for most people with epilepsy.

Can I give my child Ibuprofen?

There is currently no strong evidence that ibuprofen can make coronavirus (COVID-19) worse. But until there is more information, take paracetamol to treat the symptoms of coronavirus, unless your doctor has told you paracetamol is not suitable for your child.

If your child is already taking ibuprofen or another non-steroidal anti-inflammatory (NSAID) on the advice of a doctor, do not stop taking it without checking first.

Please check www.nhs.uk for the most up to date information.

Where can I get the most up to date information?

www.epilepsy.org.uk

www.gov.uk

www.nhs.uk

www.111.nhs.uk

Will I have problems getting medication?

It's important to plan in advance how you would get your child's medicines in case you need to self-isolate. This could be getting a friend or family member to collect your prescriptions for you. Or you could make arrangements for your pharmacy to deliver your medicines to your home. You may wish to check with them now that they offer this service, and how to sign up to it. If you usually collect your prescriptions from your doctor's surgery, you could ask if they can be [sent electronically](#) to a pharmacy of your choice instead.

How can I protect child from coronavirus?

Follow [NHS advice](#) to avoid catching or spreading coronavirus. This includes:

- Washing hands often with soap and water
- Washing hands when you get home or into school
- Use hand sanitiser if soap and water are not available

- Encourage your child to cover their mouth and nose with a tissue or their sleeve when they cough or sneeze
- Put used tissues in the bin immediately and wash hands afterwards
- Encourage your child to Avoid touching their eyes, nose or mouth if their hands are unclean

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