

CAUTIOUS TORTOISE



In Aesop's fable, the tortoise who keeps moving forward by taking slow and steady steps succeeds over the hare who races ahead. From what we know about conditions triggered by a virus, it is wise to take a cautious approach to recovery. Watch for signs or symptoms that your child is not yet back to full health and modify activities accordingly. The Cautious Tortoise flowchart makes suggestions for identifying when it is appropriate to take the next step back to activities, guided by an adaptive pacing approach.

ARE YOU CONCERNED THAT YOUR CHILD MIGHT HAVE COVID-19?

POSITIVE TEST FOR COVID-19 OR SYMPTOMS CONSISTENT

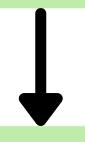
WITH COVID-19 INFECTION

FOLLOW LOCAL TESTING GUIDANCE

Children can be asymptomatic, have one or more classic symptoms, or a range of non-specific symptoms*.

Always think COVID-19. This is especially important when exposed to a person with a confirmed COVID-19 infection.

NEGATIVE TEST FOR COVID-19





ACUTE PHASE INFECTIOUS COVID-19 INFECTION

Follow guidance on isolation.

Remember that it is reported that the virus 'may be' transmitted for between 3-12 days.

Where possible reduce your child's contact with others in the household.

Seek and obtain medical support if concerned.

HAS YOUR CHILD RECOVERED FROM THE ACUTE INFECTION?

We consider recovery as being able to complete a normal daily routine without worsening of symptoms (although some general tiredness for 1-2 weeks after any infection can be normal).

Children with pre-existing health conditions may take longer to recover.

CONTINUE WITH DAILY LIFE

Mitigations such as facemasks, good ventilation, space and handwashing are recommended as public health measures when dealing with an airborne virus. Use outdoor spaces when possible. Guidance on the use of these measures may vary. Where possible, take control of mitigations for you and your child.



SUPPORT THE BODY TO FIGHT THE VIRUS

With plenty of fluids, good nutrition, good sleep, and rest, rest rest.

Seek professional advice on supplements and medication as appropriate.

Seek medical advice at any time if concerned.

Continue to support recovery.

If your child remains unwell they are likely to need ongoing rest to support their recovery, this phase can take many months. Be supportive & honest to help manage your child's expectations.

Seek medical support if their symptoms get worse or you don't see any improvement.

IS YOUR CHILD READY FOR THE NEXT **STEPS IN THEIR RECOVERY?**

A good gauge that your child is showing signs of improvement could be if they can:

- sit up as they usually would to engage in an activity they usually enjoy for around half an hour.
- concentrate on an activity they used to do without difficulty for around half an hour.
- regulate their emotions during activities or discussions as they usually would.
- listen to, respond and engage appropriately in conversation with others as they would have previously.

BALANCED SLEEP, ACTIVITY AND REST AIDS RECOVERY

Ease cautiously back into previous levels of activity, prioritising rest, nutrition and sleep, and communicate with the school.

Ask the doctor to screen for cardiac symptoms before returning to sports.

Be aware that some children who initially appear recovered can develop new or worsened symptoms at 4 - 6 weeks (or anytime). Be aware of the symptoms of the rare Covid-19 complication in children - PIMS (Paediatric Inflammatory Multisystem Syndrome)**

Seek medical support as often as required.

PACING FOR RECOVERY

Start as small as is needed for success: examples could be: sitting up for 2 mins, concentrate for 2 mins.

Recovery does not always follow a straight line. It is not unusual to have ups and downs. It can be helpful to discuss this with your child to manage their expectations.

Building in rest days and rest periods between activities is a recognised strategy for recovery (see LCK Pacing Penguins).

Be prepared to revisit an earlier stage of recovery if needed.

Please see the LCK Recovery Stages Schedules for example recovery plans. Ensure your child can sustain improvements for a period of time before increasing challenge.

Seek professional advice as often as required.

*www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html

**www.evelinalondon.nhs.uk/our-services/hospital/paediatricmultisystem-inflammatory-syndrome/overview.aspx This poster is for guidance only. Always seek individual medical advice.

DOES YOUR CHILD NEED MORE HELP WITH ACTIVITIES?

Continue working towards your child fulfilling their pre Covid-19 morning routine in small stages.

You could try and see what happens if you give your child more help to get ready in the morning - can they concentrate on activities better then?

You may have to help your child decide how to use their energy. Providing help with one activity could 'free up' energy for another.

AT THIS POINT, YOU MIGHT DECIDE TO TRY SHORT PERIODS OF LEARNING AT HOME

If your child usually attends school, work with the school to prioritise recovery alongside learning. An occupational therapist can support, discuss this with your doctor.

Start with a lesson that your child enjoys and build up gradually e.g. complete one or two questions on a worksheet, then half the sheet, then the whole sheet.

Thinking requires energy and frequent short rests can help. Take rests away from screens. Please see the LCK Recovery Stages

Schedules for further guidance.

BACK TO EDUCATION



Is Your Child Ready To Attend **EDUCATION?**

Can your child fulfil their pre-covid morning routine and sit and concentrate on an activity; around the length of an average lesson without worsening of symptoms?



Arrange a meeting with your school about a return to school trial. Seek support from an Occupational Therapist, your doctor can refer. Support your child's mental health by including social time at school where possible.

The LCK Recovery Stages Schedules has further guidance and example recovery plans.

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