

Helping a child communicate when they are feeling unwell

Some children may feel anxious about the possibility of becoming unwell with COVID-19. For children who begin to feel unwell, they may worry that they have the virus, and feel highly anxious about this.

- Let children know that it is okay for them to tell you if they are feeling unwell
- Re-assure them that children are less likely to be sick with the virus, and if they do have the virus they may have symptoms similar to a cold or having the flu

Some children may have difficulty communicating that they are in pain or unwell.

- Watch for signs of pain such as grimacing, or for signs of fatigue
- Encourage gestures or other methods of communication to work out what may be happening