

GUT, LIVER AND NUTRITIONAL CONDITIONS IN CHILDREN DURING THE CORONA VIRUS DISEASE (COVID-19) PANDEMIC: ADVICE FOR PARENTS

ESPGHAN recognises the gravity of the COVID-19 pandemic and the concern you will have for the health and wellbeing of your child. Our experts wish to help and reassure all parents with the following guidance on gut, liver and nutritional conditions in children during the COVID-19 period.

Risks for children with a gut, liver or nutritional condition:

- The impact of COVID-19 on children is mild in the majority of cases
- These conditions do not increase the risk or impact of COVID-19 in most children
- The risks of late diagnosis or not treating a condition outweigh the risks, in most children, of infection from COVID-19

Seeking medical help

- Virtual meetings with your child's doctor/specialist should be sought where possible to prevent exposure and possible infection
- Where a face-to-face meeting is essential, ensure you follow your national guidelines on COVID-19

My child has already been diagnosed with a gut, liver or nutritional condition:

Continue to consult your paediatrician to discuss the management of your child and/or any flare ups

If your child is receiving or set to have treatment or medication, this should continue as normal unless stated otherwise by your paediatrician. This includes, but is not limited to: Endoscopy; Immunosuppressive medication; IBD treatments (flares, drug collection, infusions)



You should immediately take your child to your nearest hospital or consult their doctor if they have any of the following:



- Vomiting blood or passing blood in their poo
- Continuous/sudden severe abdominal pain
- Severe and unexplained vomiting or diarrhoea



- Jaundice
- Unintended weight loss



- Very dark or black, tarry poo
- Dark urine and/or pale stools
- Extreme tiredness/drowsiness



- Abdominal swelling/bloating
- Swallowing difficulties/pain
- Fever/ flu-like symptoms



To ensure the best possible outcomes for your child, it is important that you remain alert and follow your national guidance during the COVID-19 period.