

# PANDORA



Volume 5: April 2020

## PANDORA Study –We're on hold 🙏

The PANDORA team would like to thank you for your ongoing support during the COVID-19 pandemic. We are following the advice provided by the Federal Government and will be pausing our Wave 2 study visits until further notice.

### Wave 2 Study Update

We have seen 25 mothers and children in Alice Springs and Darwin so far – thank you to those who have come to see us!



Figure 1 – Jessie & Sarah had a great time on their visit in Alice Springs

*“I like to encourage the children to volunteer for things like this because it improves knowledge of these diseases, knowledge is power”*  
- A text message from one of our Alice

Figure 2 - Lily getting a tummy ultrasound with Emily in Darwin



### COVID 19 in Children

While there is still a lot to learn about this virus, we do know that children make up a very small proportion of confirmed COVID-19 cases worldwide.

- COVID-19 seems to affect children less often (approximately 1% of all cases occur in children under 10 years).
- In children, severe complications due to COVID-19 are extremely uncommon.
- Young babies with COVID-19 who require a hospital admission to receive oxygen tend to make a full recovery, which is like how babies usually respond to other common winter viruses.

### Protecting you and your child

- ✓ Wash your hands frequently with soap and water, especially before eating, after being in public places, after going to the toilet.
- ✓ Avoid touching your face
- ✓ Cover your coughs or sneezes with a tissue or your elbow. Dispose of used tissues immediately.
- ✓ If you or your children are unwell, stay home.
- ✓ Practice social distancing to reduce your chance of catching the virus

#### If you are unwell?

It is important that if you or your child needs emergency care, that you do not hesitate to seek medical assistance from your local health clinic or hospital. There are measures in place to help protect healthcare staff, patients and visitors from COVID-19 and to ensure that our hospitals and clinics remain safe and open for when you need.

#### Need help?

It is natural to worry about what coronavirus (COVID-19) might mean for your family. If you're worried and need support, you could talk to your GP or a local counsellor. You can also call Lifeline on 131 114 or Beyond Blue on 1300 224 636.

There are many great resources at the Australian Childhood Foundation website: <https://www.childhood.org.au/>

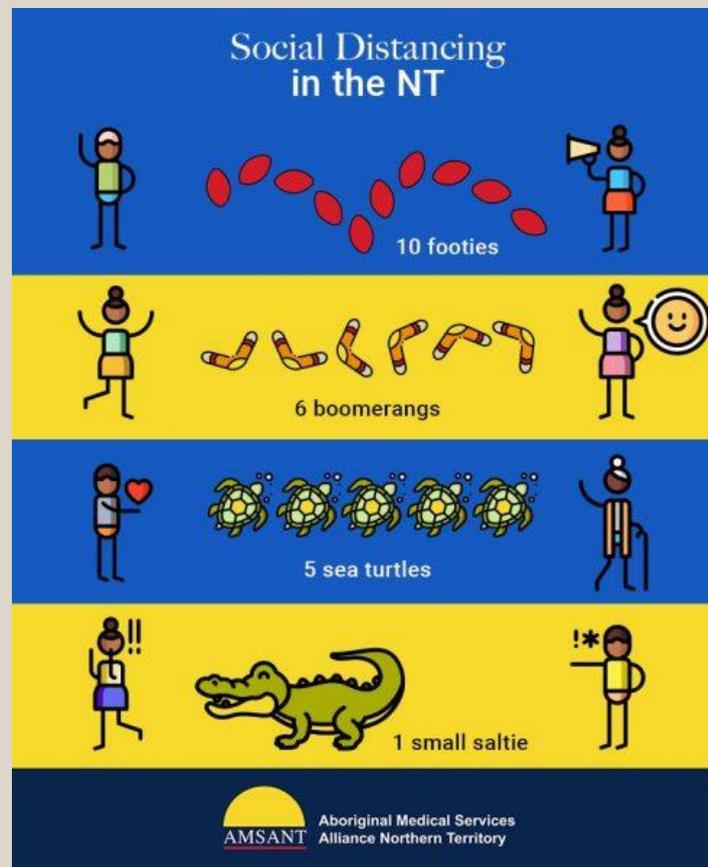
## COVID-19 and Diabetes

Older people and those with pre-existing medical conditions, such as diabetes appear to be more vulnerable to becoming severely unwell with COVID-19 infection.

COVID-19 has many of the same symptoms as the flu. These symptoms can affect your blood glucose levels. Therefore, it is a good time to review your diabetes sick day management plan with your diabetes team.

### Focus on things you can control:

- Have emergency contact numbers readily available.
- Know your diabetes sick day management plan
- Do your best to manage your blood glucose levels
- Seek medical attention if you become unwell (fever, cough, difficulty breathing or high blood glucose levels)
- Maintain healthy eating
- Maintain physical activity
- Sleep well
- Take care of your emotional well-being; talk to your friends and family
- Get the flu vaccine



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Please let us know if you change your contact details. We want to keep in touch. ☺