[Doctor’s Name]

[Name of GP Practice]

[Address line one]

[Address line two]

[Town or City / Postcode]

01/01/01

Dear [GP Name]

Long Covid Kids is a registered charity that represents and supports children and young people living with Long Covid and related illnesses and the parents and caregivers that look after them.

[Child’s Name] is a member of our Support Services and has been experiencing symptoms that could be considered as consistent with Long Covid. We have provided this letter template for them as an open resource to personalise for their child and therefore may not have engaged with them individually as a charity. We have also provided a Record Keeping template that they may share with you to document their child's experience.

[List child’s symptoms here]

GPs have the ability to refer any child with ongoing and persisting symptoms lasting four weeks or more to the Long Covid Hub or to additional support if their symptoms have lasted for more than four weeks. Each hub will have its own referral criteria and they may request that certain blood tests and scans are completed before referral.

If there is no hub accessible then you can also refer to a Paediatrician who may in turn refer to other specialists (cardiology, neurology etc) for assessment and support.

Please see the following guides for further consensus guidance.

[NICE guideline: COVID-19 rapid guideline: managing the long-term effects of COVID-19](https://www.nice.org.uk/guidance/ng188)

This guideline covers identifying, assessing and managing the long-term effects of COVID-19, often described as ‘long COVID’. It makes recommendations about care in all healthcare settings for adults, children and young people who have new or ongoing symptoms four weeks or more after the start of acute COVID-19. It also includes advice on organising services for long COVID.

[Recommendations for the recognition, diagnosis and management of Long Covid: A Delphi Study](https://pubmed.ncbi.nlm.nih.gov/34607799/)

Although this document was written by and for adults it demonstrates a consensus agreement on a number of factors and guides assessment.

Research into children and young people is ongoing and is happening at pace. Parents are likely to be keeping up-to-date with what is happening so please meet them where they are, and share resources.

Children with Long Covid are likely to need a period of rest and recovery and may need time off school or to have a slow phased return to school. We have written a second letter that you can complete as evidence for the school on fitness to attend and reasonable adjustments that may be available.

As well as referral for medical investigations please could you support the family with accessing other services that will support them day to day, such as social services, occupational therapists, physiotherapists and other allied health professionals.

We hope that this letter has provided you with useful supporting information. Please do visit our [website](https://www.longcovidkids.org/) for further guidance. This letter is provided as part of our Long Covid Kids Support Pack which contains information based on both lived experience and professional experience in supporting children and young people with long-term health conditions and disabilities. We hope that this information is also useful to you. We will also be building up our resources for professionals and if there is any information you think it will be helpful for us to include do feel free to contact us.

**Kirsty Stanley**

Long Covid Kids Occupational Therapist

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