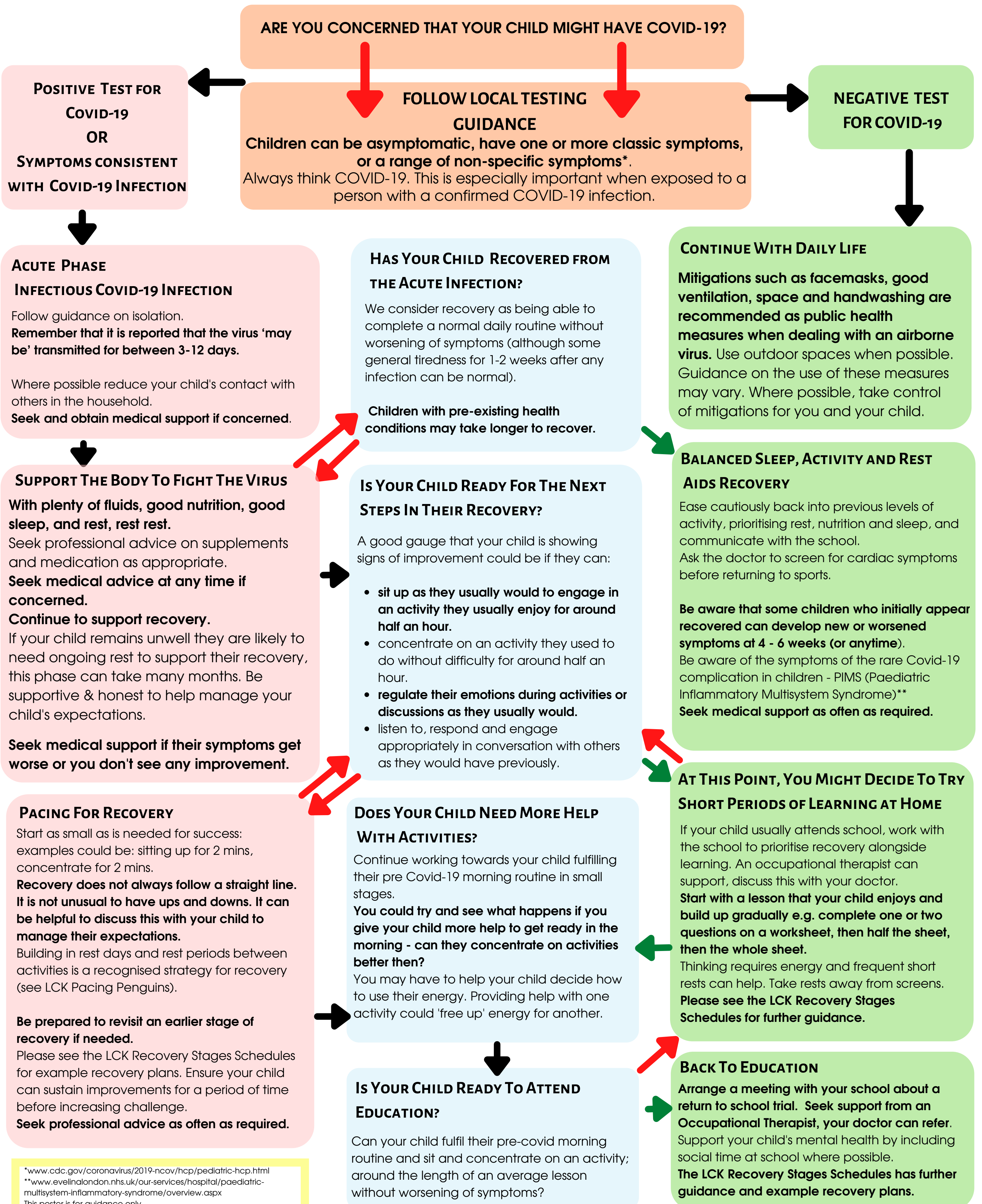




CAUTIOUS TORTOISE

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.



*www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html
**www.evelinalondon.nhs.uk/our-services/hospital/paediatric-multisystem-inflammatory-syndrome/overview.aspx
This poster is for guidance only. Always seek individual medical advice.