

Name of Child: _____ Date: _____

How to Care for your Child with Coronavirus Disease-19 (COVID-19)

What is the coronavirus disease-19?

Coronavirus disease-19, also called **COVID-19**, is an infection caused by a type of coronavirus that was first identified at the end of 2019. It is a type of virus that spreads easily between people by droplets and tiny virus particles (**aerosols**) in the air from someone who has COVID-19 by coughing, sneezing, or talking.

What are the signs and symptoms of COVID-19?

There are many different signs and symptoms of COVID-19. The most common signs and symptoms are fever, cough, and difficulty breathing. The signs and symptoms of COVID-19 are like a cold or the flu. It can lead to other illnesses such as respiratory distress and **pneumonia** (an infection in the lungs). Other symptoms of COVID-19 include **gastrointestinal** (GI) issues such as vomiting, diarrhea, and abdominal pain. Most people do not have serious problems from COVID-19 and get better with rest and fluids. However, if someone has a history of lung problems, heart problems, diabetes, obesity, or other severe medical issues, they are at a higher risk for getting seriously ill from COVID-19.

Even though the majority of children have mild symptoms from COVID-19, they are at risk of developing a rare reaction to the virus 2 to 8 weeks after the infection, even if it was a mild infection. This reaction presents with fever and inflammation in organs of the body, called **Multisystem inflammatory Syndrome in Children**, also known as MIS-C. Talk to your child's doctor if your child has a fever 2 to 8 weeks after being diagnosed with COVID-19 or after being around someone with COVID-19.

Testing for COVID-19:

There are several testing methods available to find out if a child has COVID-19. Results are usually available within several hours after the sample is taken.

What are the best ways to take care of my child's illness?

The risk for serious illness from COVID-19 in most children is low. Children who have been diagnosed with COVID-19 usually have more mild symptoms from it than adults. To treat your child's illness, it is important for your child to drink plenty of liquids to stay hydrated and get lots of rest.



The best way to take care of your child and your family is by following these guidelines:

- If your child has any high-risk factors for severe COVID-19, talk to your pediatrician to check if they are eligible for outpatient treatment depending on their risk factors and age. Your child may be able to receive a medicine such as Paxlovid® (nirmatrelvir and ritonavir) to help them with their illness.
- **Keep your child at home for at least 5 days.** Your child can spread COVID-19 to others.
- Avoid contact with anyone not in your household. If you must go into the public, wear a high-quality mask.
- Try to keep your child away from other members of your household as much as possible. For example, keep your child in a separate bedroom or other separate living space.
 - If you cannot keep your child in a separate bedroom, choose a place in your home that has good ventilation. Use a fan or keep the window open to help move the air around in the room (**ventilation**).
- Have your child use a separate bathroom if possible. If your child cannot use a separate bathroom, make sure to clean all surfaces after each use.
- **Wear a high-quality mask whenever leaving home.** Masks can help prevent the spread of a respiratory illness to other people. Do not place masks on children less than 2 years old, on anyone who is having trouble breathing, or on anyone who cannot take the mask off without help from someone else. Only take your child out of your home if it is absolutely necessary.
- Have everyone in your family wash their hands frequently with soap and water for at least 15 seconds. Make sure your family members know how to wash their hands the right way.
 - If your hands are not visibly dirty, use an alcohol-based hand rub (**hand sanitizer**) to clean them, making sure to spread the hand rub over all parts of your hands, between your fingers, the backs of your hands, around your nails, and down your wrists. Rub your hands together until they are dry, at least 15 seconds.
 - For more information on washing your hands, ask your child's doctor or nurse for the handout, **Good Handwashing #100**.
- Clean the areas around your house, such as the toilet, bathtub, shower, sinks, doorknobs, and counter tops with a household cleaning product (such as Lysol®) every day. If possible, use disposable gloves when cleaning. Throw gloves away after each use and then wash your hands.
- Try not to touch your face, nose, eyes, or mouth. Remind your family members to do the same.
- Make sure to cough or sneeze into your elbow. Then clean your hands after.



If your hand are not visibly dirty, use an alcohol-based hand rub (hand sanitizer) to clean them.



Make sure to cough or sneeze into your elbow. Then clean your hands after.



- Wash your child's laundry, including sheets and towels, frequently. You do not have to wash these items separately from other people's laundry in your house.
- Avoid sharing household items, such as cups, plates, silverware, towels, and bedding.

Regardless of when your child's isolation period ends, you should avoid being around people who are likely to get very sick from COVID-19, always wear a high-quality mask when indoors and around other people in public or at home, and do not go places where you are unable to wear a mask.

You should follow these guidelines for at least 10 days from when your child first showed symptoms of being sick. If you or other family members do not have symptoms, you still need to follow these guidelines. If your child continues to have a fever or other respiratory symptoms, you need to keep following these guidelines until your child does not have a fever for 24 hours (without giving your child fever-reducing medicine).

If you or another member in your household becomes positive, make sure to follow these guidelines. For the most up-to-date information, visit the Centers for Disease Control and Prevention's website: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

In the hospital:

If your child has COVID-19 and is in the hospital, there are things you can do to help stop the spread of the infection to other people, including:

- Keeping your child in their hospital room at all times (**isolation**).
- Wearing a mask when you leave your child's room or when a healthcare worker comes into the room.
- Cleaning your hands every time you go into your child's room and every time you leave your child's room.
- Getting a new mask every time you come to the hospital.
- Following our hospital's guidelines for visitors. For more information, ask your child's nurse or doctor about the hospital's current guidelines for visitors.
- A member of our staff can help get meals delivered to your child's room for you and your child. This service is in place for those families asked to stay in their child's room (**quarantine**) when visiting the hospital due to COVID-19.

What should I tell my child about COVID-19?

Your child may be scared about the information they are hearing about COVID-19 from the news, social media, and people. It is important to talk to your child. First, ask your child what they have heard about it. This gives you a chance to learn how much your child knows about it already and see if the information is correct. Be honest and use simple words when you talk with your child about COVID-19. Remind your child to ask you questions if he or she has any. Help your child feel in control by getting lots of rest and washing hands frequently.



When should I call 911?

There are signs or symptoms caused by a respiratory illness that can make it an emergency situation.

Call 911 immediately if your child:

- has breathing problems or stops breathing
- is turning blue
- is confused
- is very sleepy (**lethargic**) or hard to wake up.



Call 911 immediately if your child has breathing problems, is turning blue, is confused, or is very sleepy (lethargic).

Now that you have read this:

- ☐ Tell your child's doctor or nurse the best ways to protect your child and your family from COVID-19. (Check when done.)
- ☐ Tell your child's doctor or nurse what you will do if your child has COVID-19 and is in the hospital. (Check when done.)
- ☐ Tell your child's doctor or nurse what you will do if your child has COVID-19 and is at home. (Check when done.)



If you have any questions or concerns,

- ☐ call your child's doctor or ☐ call _____

If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children's Thomas Campus

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Disclaimer

The information provided is intended to be general information for educational purposes only. It is not intended to take the place of an examination, treatment, or consultation with a health care provider. If you have any questions about your child's care, contact your child's health care provider.