

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 a type of coronavirus that was first diagnosed at the end of 2019. It is a type of virus that spreads easily between people by tiny virus particles (**aerosols**) in the air from someone coughing or sneezing.

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). 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 COVID-19.

Testing for COVID-19:

There are several testing methods available to find out if a child has COVID-19. Once a sample is collected, it is sent to a lab to test for COVID-19. Results are usually available several hours after the sample is sent to the lab.

- For more information, ask your child's nurse or doctor for the handout:
 - **Testing for Coronavirus Disease-19 (COVID-19) #3124.**

What are the best ways to take care of my child's respiratory 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:

- **Keep your child at home for at least 10 days.** Your child can spread COVID-19 to others.
- Avoid being in large groups of people (**social distancing**).
- Avoid contact with anyone not in your household. If you must go into the public, stay at least 6 feet away from other people. Do not have visitors come to your home.
- 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 at all times.
 - 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 mask or a cloth face covering whenever leaving home.** Masks and cloth face coverings can help prevent the spread of a respiratory illness to other people. Do not place masks or cloth face coverings 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. You must still stay at least 6 feet away from other people, even if wearing a mask. 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 20 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, and around your nails. Rub your hands together until they are dry.
 - 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.
- Clean electronics, such as phones, tablets, and remote controls per the manufacturer's instructions every day. If possible, use wipeable covers on your electronic devices, such as on cell phones and tablets. If you cannot find the manufacturer's instructions, you may want to try to use alcohol-based wipes or a spray that is at least 70% alcohol. Make sure to not use too much liquid when cleaning and let it dry completely before using. If possible, use disposable gloves when cleaning. Throw gloves away after each use and then wash your hands.



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. Clean your child's laundry hamper after removing the dirty clothes. If possible, use a disposable liner (such as a plastic bag) or use a washable liner in your child's laundry hamper and wash it after you wash your child's clothes. If possible, use disposable gloves when touching the dirty laundry. Throw your gloves away after each use. Make sure to clean your hands immediately after touching the dirty laundry or after taking off your gloves if you wear them.
- Avoid sharing household items, such as cups, plates, silverware, towels, and bedding.
- Have a specific trash can with a liner in it (such as a plastic bag). Wear disposable gloves if possible when you empty it. Make sure to clean your hands immediately after emptying the trash.
- Keep food and water at your house that does not spoil, such as bottled water, canned foods, rice, beans, peanut butter, cereal, soup, and crackers.

You should follow these guidelines for at least another 3 days (72 hours) after your child's symptoms are gone and your child does not have a fever without using fever-reducing medicine. It must also be at least 7 days since the start of your child's symptoms.

If you or other family members do not have symptoms, you still need to follow these guidelines. You should follow them for at least 10 days from when your child first showed symptoms of being sick. If your child continues to have a fever or other respiratory symptoms you need to keep following these guidelines. It is very important to know that you may need to follow these guidelines longer than your child in order to help stop the spread of the illness.

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.
- Not going to other parts of the hospital, such as the cafeteria or gift shop, even if you are wearing a mask.
- Getting a new mask every time you come to the hospital.
- Following our hospital's guidelines for visitors. Only 1 adult caregiver can visit your child at a time. A total of 2 adult caregivers can visit your child during the entire hospital stay. For more information, ask your child's nurse or doctor about who can visit your child.
- 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.

At home:

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

- **Keeping your child at home.**
- Keeping other people and your pets away from your child as much as possible.
- Having your child use a different bathroom.
- Making sure everyone in your family is washing or cleaning their hands often.
- Every day, cleaning the areas around your house, such as the toilet, bathtub, shower, sinks, doorknobs, and counters with a household cleaning product, such as Lysol®.

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 he or she has 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 Hospital

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The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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