



If Your Child Has Been Diagnosed with COVID-19

COVID-19 is a very contagious infection that can be especially dangerous to the elderly, people with chronic illnesses and people with immune system problems. It is important that you keep your child not only quarantined in your home, but also isolated to a specific area in your home to help prevent spread of the disease to other family members. Limit the amount of contact that your child has with other family members.

If you will be the person primarily caring for your child, we recommend that you wear a mask when around the child wash and your hands frequently. Try not to touch your face when with your child and wash your face when you leave the child's room. It's good to have a robe or other garment that you can put on when taking care of your child in his/her room and then take off again as you leave. Wash this garment frequently. Disinfect all dishes that were in contact with your child as soon as they've been used. Disinfect around the house on a regular basis, including door handles, phones and other areas of the home or objects that family members touch frequently. It's preferable that the sick child use one bathroom and other family members use another and that both be disinfected frequently. Do not permit visitors to see your child, especially if they're elderly, have chronic medical conditions or have immune system problems.

Your child should be isolated until he/she has had a period of at least 10 days since the symptoms started AND has had no fever for at least 24 hours AND most symptoms have resolved or are getting better.

Fortunately, most children don't get very sick with COVID-19; however, some children can get very sick, especially those with chronic illnesses. Please watch for the following signs and have your child seen immediately if they occur:

- Changes in the way they respond to you, especially if they are unusually sleepy or seem confused
- Difficulty breathing, such as very fast breathing (especially if they have no fever), very weak, slow or irregular breathing or sucking in the muscles between or under the ribs
- Persistent vomiting or lots of diarrhea
- Severe pain anywhere
- Refusal to eat or drink
- Urinating less than every 2-4 hours for infants, every 4-6 hours during the day for toddlers or every 8-10 hours during the day for school-aged children and older
- Paleness of the face and lips and skin in general, especially if they're not nauseated
- A rash that looks like hives or bruising

If you see any of these signs please have your child seen at a pediatric Emergency Department. If you don't have transportation, it is appropriate to call 911 if you see these signs. A pediatric urgent care clinic may be helpful if symptoms are not as severe as those above. Please call the hospital or clinic you're going to so they can have a room prepared for you and your child. Know that only one parent may be allowed in the facility due to COVID-19 safety precautions.

There is currently no treatment for children with mild to moderate COVID-19. You can help keep them comfortable by giving them acetaminophen or ibuprofen as needed for fever or aches and pains, by keeping them hydrated and giving over-the-counter medications that are appropriate for the relief of symptoms for your child's age. If you have any questions about what medications you can use for your child, please contact your PCP. Also, call your PCP's office to find out what kind of follow up your PCP would like to have with your child.

Sports/PE

Current recommendations from the American Academy of Pediatrics are that children who have had COVID-19 should not participate in sports or PE until they have had no symptoms for at least two weeks. A child who was ill enough to be hospitalized may need to be cleared by a cardiologist prior to returning to vigorous physical activity. Please discuss this with your PCP.

MIS-C

Children who have had COVID-19 may also have a delayed immune system reaction called Multisystem Inflammatory Syndrome in Children (MIS-C). This most often occurs within about 2-8 weeks of the infection. Children may have high fever or no fever and often have a rash that comes on suddenly and rapidly gets worse. MIS-C can progress very rapidly to shock and organ failure, so it's important to remember that a new illness within about two months after a COVID infection may be related to the COVID and may be serious. Be sure to tell the healthcare provider examining your child about the history of recent COVID infection or even close exposure to a family member with COVID. Watch out for any of the signs listed above and take your child to a pediatric Emergency Department if one is available. Otherwise, go to your closest Emergency Department. This is not a problem that should be seen in a pediatric or other urgent care center.