

Name of Child: _____ Date: _____

How to Care for Your Child Who May Have Coronavirus Disease-19 (COVID-19)

What is a respiratory virus?

Your child has symptoms of a respiratory virus. Your child may have a cough, fever, or other symptoms of a respiratory illness. There are many different germs that can cause a respiratory illness. Some names you might hear are RSV (respiratory syncytial virus), parainfluenza, influenza, adenovirus, and coronavirus.

What is coronavirus disease-19?

Coronavirus disease-19, also called **COVID-19** is a new type of coronavirus that was first diagnosed at the end of 2019. It is a type of virus that spreads easily between people by droplets in the air from someone coughing or sneezing. It can also spread through contact with surfaces that have germs on them, such as doorknobs and counter tops. Experts are learning more about COVID-19 every day so some information in this handout may change.

What are the signs and symptoms of COVID-19?

COVID-19 causes fever, cough, and fast breathing. The signs and symptoms of COVID-19 are similar to a cold or 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, diabetes, or other severe medical issues, he or she is at higher risk of getting COVID-19.

If your child has some symptoms of COVID-19, they may or may not be tested for COVID-19. If your child is tested for COVID-19:

- keep your child at home while you wait for the test results.
- the treatments for your child's illness are still the same whether your child is tested or not.
- before your child is tested for COVID-19, ask the medical team how you will find out your child's test results.

If you have any questions when you get your child's results, call your child's doctor.

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

The risk for serious illness to children from COVID-19 is low. Children who have been diagnosed with COVID-19 usually have more mild symptoms from it than adults or older people. 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.**
- Avoid being in large groups of people (**social distancing**).
- Avoid anyone not in your household if possible. 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 it after each use.
- **Wear cloth face coverings whenever leaving home, such as a homemade face mask from cloth.** They can help prevent the spread of a respiratory illness to other people. These cloth face coverings are not surgical masks or N-95 respirators. Please do not use these supplies because they are needed by healthcare workers and other medical first responders. Do not place cloth face coverings on children less than 2 years old, if someone is having trouble breathing, or if someone 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, 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 and 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. It is very important to know that you may need to follow these guidelines longer than your child does in order to help stop the spread of the illness.

What should I tell my child about COVID-19?

Your child may be scared about the information he or she is 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 care for your child with a respiratory illness. (Check when done.)
- Tell your child's doctor or nurse when you would call 911 for your child. (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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Disclaimer:

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.

July 28, 2020 • In family review

#3094 • Written by Nicki Mitchell, MSN, RN, CPN

Family Review

Families: Please let us know what you think of this handout.

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Would you say this handout is easy to read?

Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Why or why not?

Yes No

Would you do anything differently after reading this handout? If yes, what?

Yes No

After reading this handout, do you have any questions about the subject? If yes, what?

Yes No

Is there anything you do not like about the drawings or pictures? If yes, what?

Yes No

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below. You can also scan it and email it to emilycenter@phoenixchildrens.com.

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