

Pediatric Home Care Instructions for Viral Syndrome and Possible Coronavirus Infection

Your child's symptoms are consistent with a probable viral respiratory tract infection (viral syndrome). It is possible that the novel coronavirus (COVID-19) is the cause of their symptoms. It could also be the flu or a common cold. Due to the concern of COVID-19 and possible spread, please follow the below instructions.

- 1. Stay home except to get medical care.** Your child should not go to daycare, school, or public areas, and should not use any public transportation.
- 2. Separate yourself from other people and animals in your home.** As much as possible, keep your child in a specific room away from other people in your home. If possible, your child should use a separate bathroom. If your child must be in the same room as other people, they should wear a facemask if available to prevent spreading germs to others. Although there have not been reports of pets becoming sick with COVID-19, your child should also avoid contact with animals or pets while they are sick.
- 3. Call ahead before visiting your doctor and tell them that your child has or may have COVID-19 so they can prepare for your visit and take steps to keep other people from being exposed or infected.**
- 4. Wear a face mask if one is available.** When they must be around other people, your child should wear a facemask. If your child is not able to wear a facemask (for example, because it causes trouble breathing or there are no masks available), then other people should avoid your child, or they should wear a facemask if they enter your room.
- 5. Cover coughs and sneezes.** To prevent spreading germs to others, when coughing or sneezing, instruct your child to cover their mouth and nose with a tissue or your sleeve (not your hands). Throw used tissues in a lined trash can, and immediately wash hands with soap and water for at least 20 seconds, or use alcohol-based hand sanitizer if soap and water are not available. You should use soap and water if your hands are visibly dirty.
- 6. Wash your hands often and thoroughly with soap and water for at least 20 seconds.** Use alcohol-based hand sanitizer if soap and water are not available and if hands are not visibly dirty. Instruct your child to avoid touching their eyes, nose, and mouth with unwashed hands.
- 7. Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people or pets in your home. These items should be washed thoroughly after use with soap and warm water.
- 8. Monitor your symptoms.** Your child's symptoms may get worse. They may begin to show signs of increased work of breathing (fast, hard breathing, retractions between the ribs, or flaring of the nostrils, pallor or even a blue hue to lips), dehydration (excessive sleepiness, dry lips and mouth, decreased urine output), or potentially even seizures or severe neck pain. If you notice any of these signs or symptoms, you should return to the emergency department or see a health care provider for reevaluation right away. Please call the emergency department and tell them you are coming so they can prepare for your child's visit. Before you visit a clinic or hospital, call your healthcare provider and tell them that your child has, or might have, COVID-19. This will help your provider take steps to keep other people from getting infected. If your child has a medical emergency like a seizure or severe difficulty breathing and you need to call 911, notify the dispatch personnel that your child is being evaluated for COVID-19. If possible, put on a face mask before emergency medical services arrive.

These recommendations should be followed until your healthcare provider and/or the health department confirm that your child does not have COVID-19 or determine that you are no longer contagious.

