Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#3092

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 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 counters. 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.

When should I call 911?

There are signs or symptoms caused by COVID-19 that can make it an emergency situation.

Call 911 immediately if your child:
- has breathing problems
- 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).

What are the best ways to protect my child and my family?

There are some things you can do to lower your child's risk and your family's risk of getting COVID-19. These guidelines include:

- 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.
- Wear cloth face coverings if in public, 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 medial 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.
- 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**.
- 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 the areas around your house, such as the toilet, bathtub, shower, sinks, doorknobs, and counters with a household cleaning product, such as Lysol® every day.
- 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.

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

How is someone tested for COVID-19?

Testing for COVID-19 is usually done by a doctor or nurse by swabbing the back of the throat or the nose. This sample is sent to a lab to test for COVID-19.

What should I do if my child has COVID-19?

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. It is important for your child to drink plenty of liquids to stay hydrated and get lots of rest.

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 his or her room at all times (**isolation**).
- Wearing a mask when you leave your child's 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.
- Limiting the number of people who come to see your child in the hospital. Ask your child's nurse or doctor about who can visit your child.
- Asking your child's doctor or nurse about how to get meals for up to 2 caregivers delivered to your child's room. 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 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.

Now that you have read this:

❒ Tell your child's doctor or nurse the best ways to protect your child and 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
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: facebook.com/theemilycenter

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

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

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?   ☐ Yes   ☐ No
— Why or why not?

Would you do anything differently after reading this handout?   ☐ Yes   ☐ No
— If yes, what?

After reading this handout, do you have any questions about the subject?   ☐ Yes   ☐ No
— If yes, what?

Is there anything you do not like about the drawings or pictures?   ☐ Yes   ☐ No
— If yes, what?

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.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710