



Coronavirus Guidance for Families

Coronavirus is a respiratory illness and may include symptoms such as fever, cough, shortness of breath, and chest pain. Symptoms may look similar to other more familiar infections, such as colds and influenza.

Most children will have a mild illness and will recover at home without the need for testing or medical intervention. Severe illness is often found in older adults or in people with high-risk conditions.

Preventing coronavirus:

- Practice good hand hygiene. Wash hands well with soap and warm water for at least 20 seconds after using the bathroom, after coughing or sneezing, and before making food. Alcohol-based hand sanitizers (with 60-90% alcohol) are also a reasonable option. Keep unwashed hands away from the face. Use a tissue to cover coughs and for nose wiping. Be sure to dispose of tissues promptly.
- Clean surfaces with household cleaners and disinfectants. Coronavirus may be present on commonly touched surfaces such as doorknobs, cell phones, table tops for a period of time.
- This virus spreads with close person to person contact (generally, in under six feet of space). Avoiding contact with those who have a respiratory illness makes sense.
- Stay at home as much as possible. Avoid all non-essential trips out of the house.

Home care for coronavirus symptoms:

- Encourage your child to stay well hydrated and promote plenty of rest.
- Sick children should be kept at home. This is one of the most important things you can do to limit the spread of coronavirus. If you absolutely must leave the house, have your child wear a face mask. A caregiver accompanying the child should also wear a face mask.
- There is some concern that NSAID medications (Advil/Motrin/Ibuprofen) may worsen coronavirus symptoms. If your child has a fever or pain, we suggest using acetaminophen (Tylenol).
- Coronavirus testing is only available for hospitalized patients at this time. It is reassuring for parents to know that test results would not change the course of treatment for your child.
- Maintain as much separation between household members as possible. If separation is not possible, have your child wear a facemask while in the same room as others.
- If you are concerned about your child, please contact us by phone or through portal messaging (we have temporarily suspended our walk-in clinic). A telemedicine visit may be an option; in many cases, our board certified pediatricians are available to see your child at home using a camera and microphone.
- As always if you feel that your child is having trouble breathing, is difficult to wake, has bluish lips/face, or is experiencing an immediate life threatening emergency, call 911.

Home isolation may stop once all three of the following conditions have been met:

- 7 days or more have passed since symptoms first appeared.
- Cough and respiratory symptoms have improved.
- 3 days (72 hours) or more have passed without fever or the use of fever-reducing medications (such as acetaminophen/Tylenol).