CORONAVIRUS DISEASE (COVID-19): HOW TO CARE FOR A CHILD WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS

Children who have mild COVID-19 symptoms are able to stay at home with a caregiver throughout their recovery without needing hospitalization.

If you are caring for a child who has suspected or probable COVID-19, it is important to follow the steps below to protect yourself and others in the home, as well as those in your community.

**Symptoms of COVID-19**

- □ Fever
- □ Cough
- □ Difficulty breathing

**Monitor your child for symptoms**

- Monitor your child’s symptoms as directed by your healthcare provider or Public Health Authority.
- Watch for worsening symptoms, such as fast breathing, difficulty breathing, confusion, an inability to recognize you, chills from fever or fever that will not come down with fever-reducing medication (e.g. ibuprofen, acetaminophen) for more than 12 hours.
- **IF YOUR CHILD DEVELOPS SEVERE SYMPTOMS, CALL 911 OR YOUR LOCAL EMERGENCY NUMBER**
  - If calling an ambulance, tell the dispatcher that the child has COVID-19.
  - If going to the hospital in a private vehicle, call ahead to the hospital and let them know that the child has COVID-19.

**Keep hands clean**

- Wash your hands and those of your child often with soap and water for at least 20 seconds, especially after any type of contact with the child (e.g. changing diapers) and after removing gloves.

**Avoid spreading infection to others**

- If soap and water are not available and if your hands do not look dirty, use an alcohol-based sanitizer (ABHS) that contains at least 60% alcohol. If hands look dirty, remove dirt with a wet wipe first, then use ABHS.
- Dry hands with disposable paper towels.
- If not available, use a reusable towel and replace it when it becomes wet. Do not share.
- Avoid touching your eyes, nose and mouth with unwashed hands and encourage your child not to touch their face, either.
- Your child should remain in your home or in a monitored outdoor space, should not play with friends or go to school or to public areas, and should not be within 2 metres of others if possible.
- Do not share personal items with the child, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Do not share food and drinks.
- Use a separate bathroom from the child if possible. If not possible, put the toilet lid down before flushing.
- For breastfeeding mothers: given the health benefits to your child from breastfeeding, it is recommended that you continue breastfeeding. Wear a face mask to avoid exposure to the disease.
- If you are feeding with formula or expressed milk, sterilize the equipment carefully before each use and do not share bottles or a breast pump.
WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19.

FOR MORE INFORMATION:

Visit Canada.ca/coronavirus or contact 1-833-784-4397