

# Information for Minor (Child or Adolescent) Patients with Suspected or Confirmed COVID-19 who are Discharged Home

Your child's provider has determined, after a discussion with you and your child, that it is appropriate for your child to receive care at home for their suspected diagnosis of Coronavirus Disease 2019 (COVID-19). Your child may have been tested today by a nurse putting something in their nose. Or, your child may not have qualified for a test because they might be considered likely to have COVID-19 based on symptoms alone. The estimates are that 4 out of 5 patients who have this virus do not need special medical attention and do well at home.

In general, patients who do well at home:

- Have a mild illness.
- Have good support from family or friends living or staying with them.
- Are able to follow directions to lower the risk of passing the virus to others.
- Have a separate space where they can stay in the home to limit contact with others.
- Have access to food and other things they need.

**Limit contact with people who are at higher risk such as people who are over age 65, infants, and those who have a weakened immune system**

## **INSTRUCTIONS FOR CHILD PATIENTS DISCHARGED HOME WITH SUSPECTED OR CONFIRMED COVID-19 AND THEIR CAREGIVERS:**

### **LIMIT YOUR CHILD'S CONTACT WITH OTHERS (HOME ISOLATION)**

1. Your child should stay home except to get medical care. Do not allow them to go to school, public areas, or use public transportation.
2. As much as possible, your child should stay in a specific room and away from other people in your home. Also, your child should use a separate bathroom if possible. People who do not have a need to be in your home should not visit.
3. Restrict contact of your child with pets and other animals. If your child must care for your pet or be around animals while he or she is sick, make certain your child carefully washes their hands before and after taking care of pets and wears a facemask.
4. Try to let your child stay in places in the home that have good airflow. Allow getting fresh air when possible.

### **MEDICAL CARE**

Monitor/keep track of your child's symptoms. Remind your child to let you know right away if he or she is starting to feel worse. Signs that your child's illness might be worsening include: difficulty breathing, especially when walking; fast heartbeat; or change in your child's typical ability to care for himself or herself. Before getting medical help for your child, call your healthcare provider and tell them that your child has COVID-19 or that he/she is suspected to have COVID-19. If possible, put a facemask on your child before entering a medical facility. If you have a medical emergency and need to call 911, notify the emergency workers that your child has COVID-19 or is suspected to have COVID-19. If possible, put a facemask on your child before emergency medical services arrive.

## **STRICTLY FOLLOW PERSONAL HYGIENE PROCEDURES FOR THE CHILD WITH POSSIBLE COVID-19**

1. Give your child a facemask to wear when he or she is around other people (in the same room) or pets and before entering a healthcare provider's office. If your child is not able to wear a facemask (e.g., because it causes trouble breathing), then people who live with you should not stay in the same room with your child, or they should wear a facemask if they enter your child's room.
2. Remind your child that it is very important to cover their mouth and nose with a tissue when coughing or sneezing. Used tissues should be thrown in a lined trash can. After coughing or sneezing or cleaning up used tissues, immediately wash hands with soap and water for at least 20 seconds. If soap and water are not available, clean hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
3. Make certain that your child cleans their hands often. Your child should wash their hands often with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of their hands and rubbing them together until they feel dry. Soap and water are the best option if their hands are dirty. Remind them to not touch their eyes, nose, and mouth with unwashed hands.

## **STRICTLY FOLLOW HOUSEHOLD HYGIENE PROCEDURES**

- Avoid the child sharing personal household items such as dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After your child uses these items, they should be washed with soap and water.
- Clean all "high-touch" surfaces (tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables) every day with antibacterial cleaning solutions such as Lysol wipes, bleach, cleansers, etc.
- Immediately clean any surfaces that may have the child's blood, poop, or body fluids on them. Use antibacterial cleaning solutions such as Lysol wipes, bleach, cleansers, etc.
- Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, poop, or body fluids on them. Read and follow directions on labels of laundry detergent and/or clothing items.

## **RECOMMENDATIONS FOR HEALTHY HOUSEHOLD MEMBERS OF PERSONS WITH COVID-19**

1. Read information above.
2. If you are not comfortable taking care of your child with suspected or confirmed COVID-19, let the care team know immediately, before your child leaves to go home. Also, let the team know if anybody at home is at high risk of severe illness should they contract COVID-19: children (less than 5 years-old), elderly (more than 65 year old), persons with heart or lung disease, and people vulnerable to infections because of a medical problem or medications.
3. Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol. Make sure to cover all surfaces of your hands and rub them together until they feel dry. Soap and water should be used if hands are visibly dirty
4. Avoid touching your eyes, nose, and mouth with unwashed hands.
5. Do not permit visitors who do not have an essential need to be in the home.
6. The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (e.g., because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
7. Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, poop, or body fluids, such as saliva, phlegm, nasal mucus, vomit, urine. Throw out disposable face masks and gloves after using them and wash your hands with soap and water. Do not reuse.

