COVID-19 in Children

Children with COVID-19 can have fever, cough, trouble breathing, and other symptoms. Problems with breathing happen when the infection affects the lungs and causes pneumonia. Most children who get COVID-19 will not get severely ill. But some do. This information will help you care for your child at home and know when to reach out for help.

How do I care for my child at home?

The treatment of COVID-19 depends on a child's main symptoms and is no different from the treatment for other viral respiratory infections.
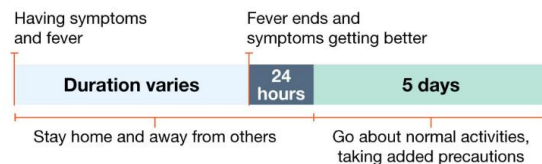
- Encourage your child to rest.
- Follow the provider's instructions for giving your child medicines if they prescribed any
- Offer your child lots of water, juice, or broth to replace fluids lost from a fever
- Give your child medicines to reduce fever if needed, like acetaminophen or ibuprofen. Read the labels so you give the correct dose based on the child's weight and age.
- Use a cool mist humidifier in your child's room.
- Lower the chance of spreading the infection to others by washing your and your child's hands

If your child has not already been vaccinated, consider doing so as soon as they have recovered. Being vaccinated is the best way to protect your child and others.

What precautions should be taken to avoid spreading the virus?

(CDC Guidance as of 3/1/24) Your child should stay at home as much as possible and away from others until they meet criteria to resume normal activities.

- Your child can go back to normal activities when, for at least 24 hours, both are true:
    - Their symptoms are getting better **AND**
    - They have not had a fever (and are not using fever-reducing medication)

Having symptoms and fever | Fever ends and symptoms getting better
Duration varies | 24 hours | 5 days
Stay home and away from others | Go about normal activities, taking added precautions

- When your child resumes normal activities, they should still take added precautions over the next 5 days. These may include taking steps for **cleaner air**, enhancing your **hygiene practices**, wearing a well-fitting **mask**, keeping a **distance** from others, and/or getting **tested** for respiratory viruses. People can choose to use these prevention strategies at any time. Since some people remain contagious beyond the "stay-at-home" period, taking added precautions can lower the chance of spreading respiratory viruses to others.
- If your child did not have any symptoms but tested positive for a respiratory virus, precautions as listed above are encouraged for the next 5 days to avoid possibly spreading the virus.

When should I call my child's health care provider?

Call for an **ambulance** if:
- Your child is having trouble breathing.
- Your child starts to act very sick.
- Your child will not wake up or interact with you or acts confused.

Call our office at **864-272-0388** if your child:
- Becomes weak or dizzy
- Has very dark urine, or does not urinate for more than 8 hours
- Has new or worsening symptoms that concern you – COVID-19 symptoms can be similar to a cold and include fever, cough, feeling tired, shaking, chills, headache, stuffy nose, and sore throat. They can also include digestive problems like vomiting or diarrhea. Some people also get rashes or other skin symptoms.

Please note, Parkside provides guidance following the CDC recommendations for the COVID-19 virus. Caregivers will need to contact their individual school or daycare to review their COVID-19 policies for return.