



COVID-19 Guidance for Caring for Children with Symptoms at Home (3/25/2020)

This guidance is to be used for situations in which children and youth with symptoms will be receiving care at home. All children and youth with symptoms will now be assumed to be COVID-19, unless proven otherwise with a negative test. Symptoms of COVID-19 could include: fever (temperature above 100.4 degrees Fahrenheit or 38 degrees Celsius), cough, sore throat, or difficulty breathing/shortness of breath. Call your doctor for any questions regarding the child's health.

Please call your doctor immediately (if you do not have a doctor, please call 311) if:

1. Fever is persistently at or above 100.4 F even with fever medications.
2. Cough and shortness of breath are getting worse.
3. Sore throat, cough and shortness of breath are persistent after 48 hours.

For emergencies, please call 911 immediately.

In general, it is best to limit contact with the child or youth with symptoms. Sleeping areas can be shared among children and youth with symptoms. Separate other household members who have no symptoms from children and youth with symptoms as much as possible. Movement in and out of the child or youth's sleeping area must be limited only to what is necessary (e.g., use of toilet and bathroom facilities).

The following infection prevention and control precautions apply:

1. Frequent handwashing or use of alcohol based hand sanitizers. DO NOT use hand sanitizers while wearing gloves.
2. Avoid unnecessary contact with the child or youth with symptoms as much as possible. Limit visitors as much as possible.
3. Whenever possible, avoid close face to face contact with the child or youth with symptoms.
4. Avoid touching facial areas, especially in the presence of the child or youth with symptoms.
5. Practice cough and sneeze etiquette by:
 - a. Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket
 - b. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

When children and youth with symptoms are at home, try and maintain the following:

1. Ventilation
 - a. Door to the child or youth with symptoms' sleeping area should be closed at all times if possible.
 - b. Increase or maintain ventilation by:
 - i. Open windows if possible and weather permitting.
 - ii. Maintain a small open window space to create negative pressure.

- iii. Turn on air conditioners when possible and weather permitting.
2. Traffic control

The child or youth with symptoms should stay in a separate room if possible. Limit exit and entry of the child or youth with symptoms from his/her sleeping areas to only when necessary (e.g., bathing, toilet use) and try to keep the child or youth 6 feet from others whenever possible.
3. Cleaning and disinfecting
 - a. Clean surfaces frequently with available household cleaning products.
 - b. Clean doorknobs, light switches, toys, remote controls, sink handles, counters and phones frequently.
 - c. If bathroom facilities are shared, they should be cleaned after every use, especially after being used by the child or youth with symptoms.
 - i. If possible, assign a bathroom to be used only by the child or youth with symptoms.
 - ii. If (i) is not possible, then frequent and thorough cleaning is necessary.
4. Bathing

To limit traffic, bathing should be limited to only when necessary.

 - a. When clothes or beddings are soiled or dirty.
 - b. Limit baths with running water and soap to at least 3 minutes
 - c. For children up to age 11, 1 to 2 times a week is generally enough.
 - d. For older youth, daily bathing is not necessary.
5. Meals
 - a. Children and youth with symptoms should eat apart from others or in their own sleeping area if possible.
 - b. Disposable utensils should be used as much as possible. Otherwise, utensils should be washed with hot soapy water or run through the dishwasher after every use.
 - c. Utensils and drinking glasses should not be shared.
6. Clothing, bedding and towels
 - a. Use separate bedding and towels and do not share these with other household members.
 - b. Wash the sick person's clothing, bedding, and towels with detergent on the hottest temperature possible. Wear gloves when handling their laundry, if possible. Wash your hands well after handling the laundry (even if you wore gloves).
7. Ending isolation - Isolation can be stopped when the child or youth has had no symptoms for at least 3 days:
 - a. No fever for 3 days and not taking any medication for fever.
 - b. Cough, shortness of breath and sore throat getting better.