



## COVID-19 Related Guidance for Caring for Children with COVID-19 at Home (1/13/22)

This guidance is to be used for situations in which children and youth test positive for COVID-19. 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 your child:

1. Has fever that is persistently at or above 100.4 F even with fever medications.
2. Has progressively worsening cough and shortness of breath.
3. Feels unusually weak or dizzy.
4. Has very red or swollen eyes.
5. Develops a rash (red spots, blotches or bumps).
6. Develops a bad stomach ache, diarrhea or vomiting.
7. Acts unusually sleepy or confused.

For emergencies, please call 911 immediately.

It is best to limit contact with the child or youth. Sleeping areas can be shared among COVID-positive children and youth, but other household members must be separated. 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. Limit visitors as much as possible.
3. Whenever possible, avoid close face to face contact.
4. Avoid touching facial areas.
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 COVID-positive children and youth are at home, try and maintain the following:

1. Ventilation
  - a. Door to the child or youth's 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 COVID-positive child or youth should stay in a separate room if possible.

Limit exit and entry of the child or youth 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 COVID-positive child or youth.
  - i. If possible, assign a bathroom to be used only by the child or youth.
  - 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. COVID-positive children and youth 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 after a total of 10 days when the child or youth:

- a. Has had no fever for 3 days and is not taking any medication for fever.
- b. Is showing improvement of symptoms.