

## Caring for Your Child with COVID-19 at Home

Caring for your child with COVID-19 at home is similar to other viruses they might get during cold and flu season. Most children can recover at home without additional medical attention.

If you are using over-the-counter medications, follow the directions on the package for how much and how often to give the medication. If you have questions about the directions, contact your health care provider.

### **Isolating at Home**

You should keep your child at home until they are fever-free for 24 hours without the help of fever-reducing medications, symptoms are getting better, and the recommended isolation period has ended.

- Isolation period will depend on CDC guidelines and your provider's recommendations, as well as local government, daycare or school requirements.
- Please also notify your school, daycare or other close contacts (within 6 feet for 15 total combined minutes or more) that your child has been diagnosed with COVID-19.

## **Managing a Fever**

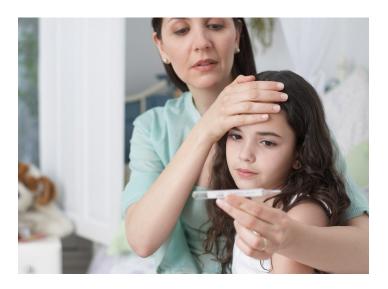
You can give your fever-and-pain-reducing medication. Make sure to read and follow the manufacturer's directions. These medications include acetaminophen (such as Tylenol®) and ibuprofen (such as Advil®). Avoid aspirin.

# Managing a Cough & Shortness of Breath

The best way to manage coughing and shortness of breath varies depending on the age of your child.

#### Kids under age 2, try:

- Using a soothing chest rub for babies, such as Vicks<sup>®</sup> BabyRub ™. Avoid adult rubs containing camphor.
- Giving them a warm bath.
- Using a cool mist humidifier.
- Continuing to lie the baby in the crib on their back with no extra pillows or blankets.



#### Kids 2 years and older, try:

- Using a chest rub such as Vicks® VapoRub ™.
- Giving them a warm bath or encouraging older children to take a warm shower.
- Propping kids up with pillows.
- Using a cool mist humidifier.

#### Managing a Sore Throat

## To help sooth your child's sore throat, here are some things to try:

- Drinking warm fluids like tea or chicken broth.
- Eating cold or frozen desserts like ice cream or popsicles.
- Sucking on ice (if older than 6 years of age).
- Gargling with warm salt water for kids over 6.
- Giving cough drops to kids above the age of 6.
- Giving a half to full teaspoon of honey ONLY for children older than 1 year.
- Giving them acetaminophen or ibuprofen if needed.
- Avoid aspirin.
- Avoid acidic foods and drinks like orange juice.

## **Managing Nasal Congestion**

#### For nasal congestion, try:

- Nasal suction.
- Saline nasal drops, spray or irrigation.
- A cool mist humidifier.

Call your doctor's office or send a message in your AveraChart portal before using aromatic therapies or other over-the-counter medications.

## **Maintain Healthy Habits**

- Be sure to keep your child hydrated by drinking plenty of fluids.
- If your child has an upset stomach, they should drink even more by continuously sipping smaller amounts of fluids such as non-sugar-free sports drinks or drinks with electrolyte solutions, such as Pedialyte.
- Make sure kids get plenty of rest, and wash their hands frequently.

Try to keep kids with COVID-19 separate from other members of the household. Wear a face mask when you are in the room with them, and wash your hands before and after visiting their room.

## When to Call or Message Your Clinic

#### Call your clinic if:

- Your child's condition does not get better after 3 to 4 days.
- If symptoms are getting worse.
- If your baby does not have a wet diaper every 6 hours. It's okay if it's not soaked, but should be wet.
- The suggestions in this handout are not helping.
- You have questions about medications or other home remedies not listed in this handout.
- Other members in your household start showing symptoms of COVID-19.

#### Symptoms include:

- ♦ Fever
- ♦ Congestion or runny nose
- ♦ New fatigue
- ♦ Headache
- ♦ Cough
- ♦ Shortness of breath
- ♦ Upset stomach, nausea, vomiting or diarrhea
- ♦ Chills
- ♦ Muscle pain
- ♦ Loss of taste or smell
- ♦ Sore throat

# Call 911 Right Away If Your Child Has Any of the Following:

- Difficulty breathing. Signs for this in babies including grunting, bluish skin and/or inability to breastfeed.
- Chest pain or pressure.
- Cold, clammy, and/or spotty skin.
- Confusion.
- Difficulty waking them up.

- Much less peeing than normal.
- Inability to drink or keep down liquids.
- Has very bad stomach (belly) pain.
- Fever of 104°F (40°C)
  or higher that is not
  responding to fever-reducing
  medications.



**A Department of Spencer Hospital** 

116 E 11th St - Spencer, IA 51301 (712) 264-3500

Schedule an Appointment: Monday - Friday | 8 AM - 5 PM

Quick Care Services: Monday - Friday | Until 5 PM Saturdays | 8 AM - 12 PM



1200 1st Ave E - Spencer, IA 51301

Primary: (712) 264-6198 Public Health: (712) 264-6380 Emergency Dept: (712) 264-6100

SpencerHospital.org/COVID19