



Covid-19 Symptom Guide for Children Under 12

Self Isolation

- If your child has symptoms (with a positive Rapid Antigen test), stay home and **self-isolate for 5 days after your positive test date**. After 5 days, they can stop isolating if they no longer have a fever and their symptoms have improved for at least 24 hours.
 - If they have symptoms (without a positive Rapid Antigen test), stay home and **self-isolate for 5 days after your symptoms started**. After 5 days, they can stop isolating if they no longer have a fever and their symptoms have improved for at least 24 hours.
 - If your child was hospitalized in an intensive care unit (ICU) with severe COVID-19 illness, or have a severe immune compromise (e.g., cancer chemotherapy, untreated HIV infection, or on immune compromising medications), they will have to **self-isolate for 10 days**. After 10 days, they can stop isolating if they no longer have a fever and their symptoms have improved for at least 24 hours.
 - **All members of the same household must also isolate for 5 days** whether or not they have symptoms. If symptoms develop, follow the instructions above and isolate for 5 days after their symptoms start.
- *** If their symptoms continue or are not improving, continue isolation longer** than this timeframe, until they have no fever AND your symptoms have been considerably improving for 24 hours.

(These timelines are based on changes to the isolation requirements in Ontario announced December 30, 2021. These may be subject to change. Please consult the Ontario Ministry of Health and/or the Grey Bruce Health Unit website for current isolation recommendations)



Your Contacts

- Notify any contacts that your child has had from 48 hours prior to when their symptoms started, as their contacts will need to isolate.
- Notify your child's school or daycare based on the instructions they have provided for you.

Monitoring Your Child's Illness

It is helpful if you record their symptoms (including whether they are better or worse), and any information such as, temperature, pulse, and breathing rate. If these are getting worse you can discuss them with your healthcare provider.

General Advice for Children who are Are Ill With COVID-19

Call 9-1-1 or attend the Emergency Department if your child is	Not drinking fluids is passing very little urine Breathing quickly, grunting while they are breathing, or breathing from their belly not from their chest Not staying awake, not waking up from sleep, or staying very groggy once awake Irritable all the time Experiencing fever for 5 or more days
Call the Clinic 519-470-3030 or Call Telehealth Ontario 1-866-797-0000 if	Your child has new or worse trouble breathing, or you can hear new or different breathing sounds Your child is drinking less fluids than usual Your child has vomiting and/or diarrhea Your child is getting more irritable Your child's symptoms are getting worse Your child starts getting better and then gets worse



Similar to influenza, COVID-19 can be longer recovery than “a childhood virus”.

Children often (but not always) experience mild illness with Covid-19. The typical symptoms are cough, fever and fatigue, runny nose, nasal congestion, sore throat, headache, muscle aches, and loss of sense of smell / taste. Breathlessness, rash, and red eyes can also occur.

Hydration – prevent dehydration by offering your child more fluid than you usually would as fever, sweating and cough means the body loses more fluids. As a guide, the colour and volume of your child’s urine should be similar to when they are not ill. If they are not drinking enough their urine will get darker.

Foods – offer foods and snacks as often as possible. It is common for appetite for foods to decrease, but your child should still be drinking plenty of fluids. Offer familiar foods that they like if their appetite is down.

Rest and Changing Positions – your child may have less energy than usual during Covid-19 illness. Allowing them to nap and rest extra is okay. Having them change positions when they are sitting or lying down will help to reduce secretions. If you have a pulse oximeter you can monitor their oxygen levels if they need more rest than usual.

Medications

- **Over the counter medications** can be taken to help Covid-19 symptoms. If possible take Acetaminophen/Tylenol based medications rather than Ibuprofen/Advil/Motrin based medications.
- In general, **continue your child’s regular medications**.
- If your child has **asthma**, continue their regular medications/inhalers, but contact the clinic if your breathing is worsening
- If your child takes a **specialized or immunosuppressant medication**, contact your doctor or your specialist to determine if you should continue to take this or if it should be temporarily paused.