

**Covid-19 Guide for Children**

<p><b>Call 9-1-1 or attend the Emergency Department if your child is</b></p>	<p>Not drinking fluids or passing very little urine  Breathing quickly, grunting when they are breathing, or breathing from their belly not from their chest  Not staying awake, not waking up from sleep, or staying groggy once awake  Irritable all the time  Experiencing fever for 5 or more days</p>
<p><b>Call the Clinic  519-470-3030 ext 103</b>  (Monday to Friday  8:30am – 4:30pm) if  or  <b>Call Telehealth Ontario  1-866-797-0000</b>  (Evenings, Overnights,  Weekends or Holidays) if</p>	<p>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</p>

**General Advice While You Are Ill With COVID-19**

Similar to influenza, COVID-19 is most often a 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 but you may also have breathlessness, muscle aches, sore throat, headache and loss of sense of smell / taste.

**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 you are not drinking enough their urine will get darker.

**Foods** – offer foods and snacks as much 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.

**Medications and Humidified Air** – if your child has fever or aches, use over the counter pain and fever medications such as Tylenol (acetaminophen). A humidifier or steam from a shower can help with phlegm or secretions from a stuffy nose or a cough. You can phone the clinic to discuss if medications for cough, cold or upset stomach are a good choice for your child at this time.

## **Monitoring Your Child's Illness**

Your Family Practice team will monitor your child regularly and can answer questions and provide advice. It is helpful if you record their symptoms (including whether they are better or worse), and any information such as pulse oximeter readings, temperature, pulse, and breathing rate to discuss with your healthcare provider.

### **Self Isolation \***

- If your child has symptoms, stay home and self-isolate until they no longer have a fever and your symptoms have improved for at least 24 hours (48 hours if any diarrhea or vomiting). They should wear a mask in any public places including school or daycare until 10 days after their symptoms started.
- If they do not have symptoms, they do not need to isolate. Your child should wear a mask in any public places including school or daycare for 10 days from their test date. If symptoms develop, they must isolate and follow the instructions above.
- If your child was hospitalized with COVID-19 illness, or if they have immune compromise (e.g., cancer chemotherapy, immune compromising medications), they should self-isolate for 10 days.

**\*Please also consult your child's school or daycare procedures prior to returning to in person learning**

### **After Their Illness**

After your child recovers, it is still very important to continue following public health measures. Continue to practice mask wearing, physical distancing and good hand hygiene.

If your child is eligible for their next Covid Vaccine dose or Booster Dose, they may receive it **3 months** after they tested positive for Covid-19. They will have some extra immunity for the next 3 months from your covid infection. Please consult Public Health guidelines for vaccine and booster dose eligibility for children and youth.

**Additional Resources** for Covid-19 can be found from the following websites:

Public Health Grey Bruce

Government of Ontario

Public Health Ontario