



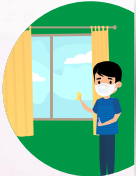
# COVID-19 in Children - Information for Parents



Teach children more than 2 years of age to wash hands with soap and water or alcohol-based sanitizer for 20 seconds. Caregivers to ensure handwashing of children less than 2 years of age.



If the child is more than 5 years of age and older, teach him/her to always wear a mask while going out.



Clean floor, commonly touched places and child's toys at least once a day with 1% of sodium hypochlorite.



Teach children more than 2 years of age to maintain a distance of 6 feet from others and limit in-person playtime.



If the child is sick with symptoms of COVID, kindly consult a doctor for advice.



Engage the child in indoor physical and learning activities as much as possible.



Continue breastfeeding of children under 2 years of age by following COVID appropriate behaviour.

## Take extra care if your child has any of the following:

- Malnutrition
- Disability
- Conditions such as HIV
- Underlying cardiac, liver, kidney problems

## What are the danger signs of COVID-19 in a child?



Fast breathing



High grade fever > 3 days



Lethargy/Dullness or not taking meals



Saturation (SpO2) < 94%

## Monitor the child by:

- Counting respiratory rate 2-3 times a day
- Looking for chest indrawing
- Looking for bluish discoloration of skin
- Checking body parts to ascertain if it is extremely cold
- Checking urine output 4th hourly
- Checking oxygen saturation 4th hourly
- Checking body temperature 4th hourly
- Fluid intake in 24 hours
- Feeding intake and maintain feeding chart
- Activity level



## Consult a doctor immediately if any of the following is present:

- 01) Respiratory rate: more than  $\geq 60$ /min in children 0-2 months of age,  $\geq 50$ /min in children 2-12 months of age,  $\geq 40$ /min in children 1-5 years of age,  $\geq 30$ /min in children  $> 5$  years of age
- 02) Urine output less than 0.5 to 1.5cc/kg/hour
- 03) Oxygen saturation (SpO<sub>2</sub>) below 94%
- 04) Temperature more than 100.4 F
- 05) Inadequate feeding/fluid intake
- 06) Physically inactive
- 07) Chest indrawing, cold extremities or bluish discoloration of body
- 08) Skin rashes, redness and swelling of lips, tongue, hands and feet



### Who can be treated under home isolation?

- » Asymptomatic or children with mild symptoms can be managed at home
- » Children with mild symptoms like sore throat, cough or no difficulty in breathing do not require any investigations



### Care of children under home isolation

- » Don't panic, majority of cases can be easily managed at home
- » Inform ASHA/other functionaries in your area
- » Keep the child in a well-ventilated room
- » Children less than 5 years of age should be accompanied by mother or caretaker during isolation
- » If home isolation is not possible take the child to the nearest COVID Care Centre



### Symptomatic management of home isolated children

- » **For Fever:** Paracetamol 10-15 mg/kg/dose can be given and repeated every 4-6 hours.
- For Cough:** In older children saline gargles with salt can be performed.
- Fluid and feed:** Ensure oral fluids to maintain hydration.
- Antibiotics:** Not indicated



### In case of moderate or severe symptoms

- » Children with rapid breathing/difficulty breathing/SpO<sub>2</sub>  $< 94$  should be referred immediately to the nearest dedicated COVID health centre or secondary hospital after consulting with the nearest Health and Wellness Centre.

### Tips to manage COVID-19 anxiety in your child

- » Create a routine
- » Listen to your child and check-in frequently
- » Look for signs of anxiety
- » Teach coping skills
- » Involve in hobbies
- » Focus on activities like handwash
- » Encourage positive thinking
- » Seek professional help if needed