NATIONWIDE CHILDREN'S®
When your child needs a hospital, everything matters.

Helping Hand™ Health Education for Patients and Families

COVID-19 (Coronavirus Disease 2019)

Coronaviruses are a large family of viruses that usually cause only mild respiratory diseases, like the common cold. SARS-CoV-2 (severe acute respiratory syndrome coronavirus-2), the virus that causes COVID-19, is a more serious strain of coronavirus that spreads and infects people easily. While most children with COVID-19 only have mild symptoms, some children may get very sick. They may need to be hospitalized. Severe illness is more likely in children with other, underlying medical conditions. However, children without underlying medical conditions can also get very sick.

How COVID-19 Is Spread to Others

The virus that causes COVID-19 can pass from person to person through small droplets that are breathed, coughed, or sneezed into the air by an infected person. Most people become infected after breathing in this air. Infection may also occur after touching your eyes, nose, or mouth with your hands after touching a surface with the virus.

Signs and Symptoms of COVID-19

- Fever or chills
- Difficulty breathing (shortness of breath)
- Sore throat
- Vomiting
- Muscle aches

- Cough
- New loss of taste or smell
- Congestion
- Diarrhea

Symptoms range from mild to severe and appear, on average, 3 to 4 days after exposure to the virus. This can range from 2 to 14 days. Some infected children may have no symptoms.

How to Prevent the Spread of COVID-19

- Getting the COVID-19 vaccine is the best way to protect yourself and others from getting very sick from COVID-19. Everyone who can get the vaccination should stay up to date on their COVID-19 vaccines.

- Everyone should wash their hands often. Wash hands with soap and water for at least 20 seconds. If soap and water are not available, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used.

- Everyone should cover their mouth and nose with a tissue when coughing or sneezing, or cough or sneeze into the elbow. Throw used tissues in a lined trash can. Wash hands or use an alcohol-based hand sanitizer after discarding used tissues.

- Clean all frequently touched surfaces regularly with a household disinfecting spray or wipe, according to the label instructions. These include doorknobs, light switches, faucets, toilet handles, and other hard surfaces that are also touched by members of your household.

- Take steps for cleaner air, especially during periods of high COVID-19 transmission in the community. If you have visitors, bring fresh air into your home by keeping doors and windows open, or go outside. If your home has an HVAC system, regularly change your filter according to the manufacturer's instructions.

- If you are sick, stay home and away from others. Getting tested for COVID-19 can help you know how likely you are to spread the virus.

- Please refer to the CDC isolation guidelines at: [Preventing Spread of Respiratory Viruses When You're Sick | Respiratory Illnesses | CDC](www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html) (www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html). This is the most up-to-date information, including recommendations for how long to wear a mask when you're ill.

- Wear a well-fitting mask over your nose and mouth. This helps lower the risk of spreading COVID-19. Consider wearing a mask when there are a lot of COVID-19 cases in the area or if you or the people around you have a high risk for severe illness.

  People who SHOULD NOT WEAR a mask include:

  - Children under the age of 2
  - Anyone who has trouble breathing
  - Anyone who is unconscious, can't move, or can't remove the mask without help

How are Children Tested for COVID-19

If your child has symptoms of COVID-19, there are many test options:

- Lab tests and rapid point-of-care tests –If the health care provider feels testing for COVID-19 is needed, a nose swab will be done. During this test, a cotton-tipped swab is wiped inside of the nose. There may be a small amount of bleeding from the nose after this test.

- At-home tests – These are available for children 2 years of age and older. It's very important to follow all manufacturer instructions to get an accurate result.

How COVID-19 Is Treated

- Most children can get better at home with the care of a parent or caregiver. Medicine may be prescribed for older children and adults at high risk of severe illness. Contact your doctor or health care provider with any questions.

- Never give your child products containing **aspirin**, unless told by a doctor or health care provider.

- Give fever-reducing medicine, like acetaminophen (Tylenol®), as needed. Before taking ibuprofen (Motrin® or Advil®), check with your doctor or health care provider to make sure it is okay. Follow all package dosing instructions.

- Do NOT ignore symptoms that get worse.

- Have your child drink plenty of age-appropriate fluids.

- Have your child rest often.

When to Call 911

Call 911 if your child has:
- Problems breathing
- Sucking in of the skin between the ribs when breathing (retractions)
- Turning blue around the mouth
- Breathing very fast
- Appears very ill

When to Call the Doctor

Call a doctor or health care provider if your child has:

- Wheezing
- Breathing that is very fast
- Chest tightness
- Symptoms that get worse

Resources for More COVID-19 Information

- See the Centers for Disease Control website for the most up-to-date information about COVID-19.

- Go to www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/covid-19 for answers to common questions and more COVID-19 resources.