

Caring for a Child with COVID-19 at Home

If you or your child has tested positive for COVID-19 and can be cared for at home, please review this guide to keep you and your family safe—and to avoid spreading infection to others in your household and community.

For children with COVID19

Instructions your child should follow, with your help:

1. Stay home except to get medical care.



2. Call ahead before visiting your child's doctor.



3. Separate your child from other people who are not ill and animals in your home. This includes staying in a single room away from other people and using a separate bathroom if available.



4. Teach your child to wear a facemask (if available) when they are around other people.



5. Teach your child to cover their mouth and nose with a tissue when they cough or sneeze.



6. Teach your child to wash their hands with soap and water (or an alcohol-based sanitizer) frequently.



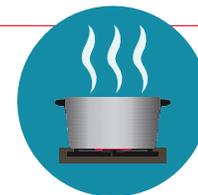
7. Do not let your child share personal household items, including dishes, drinking glasses, cups, eating utensils, towels or bedding.



8. Clean all "high-touch" surfaces such as counters, doorknobs, toilets, phones and bedside tables every day with household cleaning spray or wipes.



9. Do not let your child prepare or serve food to others.



Please monitor your child for new or worsening symptoms, including:

- worsening difficulty breathing
- new confusion or
- increasing weakness

If your child has these or other concerning symptoms, please call their pediatrician.

If you experience a medical emergency and need to call 911, please notify EMS that you have COVID19. This will allow them to take proper precautions to ensure everyone's safety.

For Family Members and Home Caregivers

If you are in close contact, or are caring for a child with COVID-19, please follow these recommendations for yourself:

Manage Symptoms

1. Closely monitor your health. Call your primary care provider right away if you develop symptoms suggestive of COVID-19 (fever, cough, shortness of breath).
2. Make sure that you understand and can help the patient follow their health care provider's instructions for care as well as basic home needs (buying groceries and prescriptions).
3. Monitor the your child's symptoms. If your child is getting sicker, call their pediatrician and explain that the patient has laboratory-confirmed COVID-19. If your child has a medical emergency and you need to call 911, notify dispatch that your child has COVID-19.

Maintain Distance

1. Household members should stay in another room and be separated from your child as much as possible, using a separate bedroom and bathroom if available.
2. Please do not allow visitors who do not have an essential need to be in the home.
3. Other household members (not your child) should care for pets in the home.
4. Ensure that shared spaces in the home have good air flow (e.g. air conditioner or open windows).

Practice Good Hygiene

1. Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds (preferred) or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
2. Avoid touching your eyes, nose and mouth with unwashed hands.
3. You and your child should wear a facemask if you are in the same room.
4. If possible and available, use gloves when you touch or have contact with the patient's laundry or their blood, stool, or body fluids. Keep soiled items away from your body. If gloves are used, remove and dispose of gloves in a garbage can lined with a plastic bag. Immediately clean your hands with soap and water or alcohol based hand sanitizer.
5. Throw out disposable facemasks and gloves after using them. Do not reuse.
6. Place all used disposable gloves, facemasks and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands with soap and water or an alcohol-based hand sanitizer immediately after handling these items.
7. Avoid sharing household items with the patient such as drinking glasses, utensils, towels, clothing and bedding. After the patient uses these items, you should thoroughly wash them.
8. Immediately remove and wash clothes or bedding that have blood, stool or body fluids on them.
9. Clean all "high-touch" surfaces, such as counters, doorknobs, toilets, phones and bedside tables every day, using household cleaning sprays or wipes.

You and all your household member should also be in quarantine. The duration of home quarantine is usually at least 3 weeks from the time of your child's initial symptoms. This accounts for the time your child can transmit illness and other family members may develop illness. Call your local Board of Health for guidance. Look up your city or town's Board of Health on the internet, or call your City or Town Hall for a phone number. If you work in healthcare, you should also call your employer's Occupational Health Department.

Additional guidance for yourself and your family on preventing the potential spread of COVID-19 can be found on CDC's website: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)