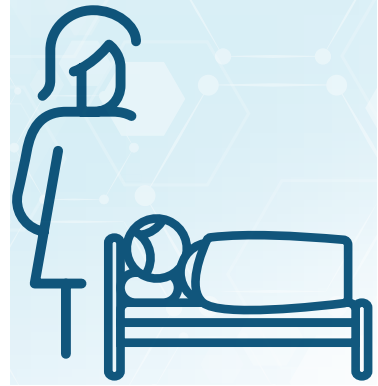


CORONAVIRUS DISEASE (COVID-19): HOW TO CARE FOR A CHILD WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS



Children who have mild COVID-19 symptoms are able to stay at home with a caregiver throughout their recovery without needing hospitalization.

If you are caring for a child who has suspected or probable COVID-19, it is important to follow the steps below to protect yourself and others in the home, as well as those in your community.

Symptoms of COVID-19

- Fever
- Cough
- Difficulty breathing

Monitor your child for symptoms

- ▶ Monitor your child's **symptoms** as directed by your healthcare provider or **Public Health Authority**.
- ▶ Watch for worsening symptoms, such as fast breathing, difficulty breathing, confusion, an inability to recognize you, chills from fever or fever that will not come down with fever-reducing medication (e.g. ibuprofen, acetaminophen) for more than 12 hours.
- ▶ **IF YOUR CHILD DEVELOPS SEVERE SYMPTOMS, CALL 911 OR YOUR LOCAL EMERGENCY NUMBER**
- ▶ If calling an ambulance, tell the dispatcher that the child has COVID-19. If going to the hospital in a private vehicle, call ahead to the hospital and let them know that the child has COVID-19.

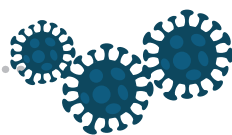
Keep hands clean

- ▶ **Wash your hands** and those of your child often with soap and water for at least 20 seconds, especially after any type of contact with the child (e.g. changing diapers) and after removing gloves.

- ▶ If soap and water are not available and if your hands do not look dirty, use an alcohol-based sanitizer (ABHS) that contains at least 60% alcohol. If hands look dirty, remove dirt with a wet wipe first, then use ABHS.
- ▶ Dry hands with disposable paper towels.
- ▶ If not available, use a reusable towel and replace it when it becomes wet. Do not share.
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands and encourage your child not to touch their face, either.

Avoid spreading infection to others

- ▶ Your child should remain in your home or in a monitored outdoor space, should not play with friends or go to school or to public areas, and should not be within 2 metres of others if possible.
- ▶ Do not share personal items with the child, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Do not share food and drinks.
- ▶ Use a separate bathroom from the child if possible. If not possible, put the toilet lid down before flushing.
- ▶ For breastfeeding mothers: given the health benefits to your child from breastfeeding, it is recommended that you continue breastfeeding. Wear a face mask to avoid exposure to the disease.
- ▶ If you are feeding with formula or expressed milk, sterilize the equipment carefully before each use and do not share bottles or a breast pump.



Keep your environment clean

- ▶ Place used face masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the child can be washed with other laundry. Gloves and a face mask should be worn when in direct contact with contaminated laundry.
- ▶ At least once daily, use an **approved hard-surface disinfectant** to disinfect surfaces that people in the home touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes

Protect yourself

- ▶ Only one healthy person should provide care for the child, but everyone in your home should follow this guidance.
- ▶ People who are at higher risk of serious illness from COVID-19 should not care for a child with COVID-19. These include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems.
- ▶ If you need to be within 2 metres of the child, wear a face mask, disposable gloves and eye protection.
- ▶ Do not re-use face masks or gloves.
- ▶ If possible, the child should also wear a face mask when you are caring for them and be encouraged not to touch their face or mask.

Monitor yourself for symptoms

- ▶ Monitor yourself for symptoms and follow any advice provided by your local public health authority about **self-isolating**.
- ▶ If you develop even mild symptoms, **isolate** yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.

Maintain these supplies

- Face masks (do not re-use)
- Eye protection (face shield or goggles) for use by caregiver
- Disposable gloves (do not re-use) for use by caregiver
- Disposable paper towels
- Tissues
- Waste container with plastic liner
- Thermometer
- Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
- Running water
- Hand soap
- Alcohol-based hand sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- One-step cleaner/disinfectant
- Hard-surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution
- Alcohol prep wipes



**WE CAN ALL DO OUR PART IN
PREVENTING THE SPREAD OF COVID-19.
FOR MORE INFORMATION:**

Visit Canada.ca/coronavirus or contact **1-833-784-4397**

