

Patient Education

COVID-19, Child ED

You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use

General Information

You brought your child to the Emergency Department (ED) for signs of Coronavirus (COVID-19). You may be waiting on your child's test results. The staff will notify you of the results.

The virus that causes COVID-19 spreads easily through droplets, mainly when a sick person sneezes or coughs. Doctors believe the germs also survive on surfaces like tables, door handles, and telephones. However, this is not a common way that COVID-19 spreads.

What care is needed at home?

- Call your child's regular doctor to let them know your child was in the ED. Make a follow-up appointment if you were told to. Be sure to call first, and don't just show up at the office. This way the staff will know when you are coming. Then they can take steps to prevent the spread of the virus to other people.
- Give your child lots of water, juice, or broth to replace fluids lost from a fever.
- Use a cool mist humidifier. This will make it easier to breathe.
- Older children can use 2 to 3 pillows to prop themselves up when they lie down to make it easier to breathe and sleep.
- Do not smoke around your child.
- To lower the chance of passing the infection to others your child should:
 - Wear a mask over their mouth and nose if they are over 2 years old and around others who are not sick.
 - Wash their hands often. You may need to help them with this.
 - Stay home in a separate room. Limit the number of people who are caring for them.
 - Use a separate bathroom if possible.

When do I need to get emergency help?

- **Call for an ambulance right away if:**
 - Your child is having so much trouble breathing that they can only say one or two words at a time.

- Your child needs to sit upright at all times to be able to breathe or cannot lie down.
- Your child has pain or pressure in their chest.
- Your child has blue lips or face.
- Your child acts confused or does not respond.
- **Return to the ED if your child:**
 - Your child has a fever above 100.4° F (38.4°C) for more than 24 hours and rash.
 - Your child has trouble breathing when talking or sitting still.
 - Your child can't keep any fluids down, has not had anything to drink in many hours, **and** has one or more of the following:
 - Your child is not as alert as usual, is very sleepy or much less active.
 - Your child is crying all the time.
 - Your infant has not had a wet diaper on over 8 hours.
 - Your older child has not needed to urinate in over 12 hours.
 - Your child's skin is cool.

When do I need to call the doctor?

- Your child is having trouble feeding normally.
- Your child has a dry mouth.
- Your child has few or no tears when they cry.
- Your child's urine is dark in color.
- Your child is less active than normal.
- Your child throws up blood or has bloody diarrhea.
- Your child has diarrhea that lasts more than a few days.
- Your child has vomiting that lasts more than 1 day.
- Your child seems to get worse after improving for a few days.
- Your child has new or worsening symptoms.

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Consumer Information Use and Disclaimer:

This information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. You must talk with your health care provider for complete information about your health and treatment options. This information should not be used to decide whether or not to accept your health care provider's advice, instructions or recommendations. Only your health care provider has the knowledge and training to provide advice that is right for you.

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