

COVID-19 IN KIDS

a cheat sheet for parents

STEP 1: CALL YOUR PEDIATRICIAN

DO. NOT. PANIC.

- Remember: the vast majority of kids do ok.
- Let go of the guilt: for those of us who did everything "right" this is especially hard - but it is also unhelpful + unproductive. Kids get sick sometimes. Only so much is within our control. **Deep breath. You got this.**

Gather your supplies

- Saline
- Nasal suction implement (eg Nose Frida, netipot if older)
- Tissues/boogie wipes
- Fluids (pedialyte, BM/formula, dilute apple juice, etc)
- Thermometer
- Fever-reducing meds
- Honey for kids >1y
- iPad, books, toys, etc

ALWAYS call your pediatrician first to make sure there aren't specific considerations relevant to your kids (eg asthma, infants)

Focus on comfort

- As with most respiratory infections, focus on supportive care, including:
 - maintaining hydration (tips on my website)
 - OTC meds as needed *for comfort*
 - Rest, TLC, and close monitoring

Prevent snowballing

- Try to limit spread: mask, wash hands with soap/water, consider designating a "clean" & a "dirty" parent. Use separate bathrooms. Keep windows open.
- For many families, this is impossible - **which is okay.** Just do your best.

see page 2 for more

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always talk to your pediatrician for any questions/concerns

Isolation guidelines: see CDC website for the latest

Watch for complications

- Watch for any worsening; some red flags are listed but this list isn't comprehensive, esp for kids with underlying health issues.
- It is always better to **trust your gut** and call your pediatrician. We don't mind, I promise.

MIS-C

A rare complication of C19 that can be seen 2-6 weeks after illness. High fever for several days

- abdominal pain
- headache
- swollen lymph nodes
- diarrhea/vomiting
- dehydration
- swollen hands/feet
- conjunctivitis (pink-eye)
- cracked lips, swollen tongue
- fatigue or fussiness
- cough, difficulty breathing
- rash

Red flags

- Difficulty breathing (*see Instagram for a video on how to assess this*)
- Chest pain
- Color change
- Dehydration
- Confusion
- Lethargy
- Significant pain
- Worsening symptoms
- Persistent fever (esp if not responsive to fever-reducing meds)
- **anything else that tickles your spidey sense.**

Things to avoid

- nasal decongestants
- cough suppressants
- essential oils
- elderberry/other homeopathic supplements
- benadryl
- old antibiotics