

Patient Education

COVID-19, Child ED

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

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:
 - Stay home while they recover. Only go out if they need to get medical care.
 - At home, try to keep your child in a separate room, away from other people and animals. This is called "self-isolation." Have your child use a separate bathroom if possible.
 - Wear a mask over their mouth and nose if they are over 2 years old and around others who are not sick. Respirator masks like N95 and KN95 can filter out even very tiny air particles. Whatever type of mask you use, it's important that it fit snugly over your face with no gaps. You can improve the fit by using a mask with an adjustable nose wire,

adjusting or knotting the ear loops to make it tighter, or wearing a cloth mask on top of a disposable mask.

- Wear a mask if your child is around other people. If other people have to be in the same room or vehicle with them, they should wear a mask also.
- Wash their hands often. You may need to help them with this. Remind them to avoid touching their face, mouth, nose, and eyes.
- Continue to keep your child away from others until your doctor or nurse tells you it's OK for them to return to their normal activities. When your child can stop self-isolation will depend on how long it has been since they have had symptoms, and in some cases, whether they have had a negative test (showing that the virus is no longer in their body).

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 generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at <https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms>

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