

New Coronavirus (COVID-19)



What is it?

Coronaviruses are a type of germ called a virus. Coronaviruses usually cause infections like the common cold. COVID-19 is the illness caused by a new type of coronavirus.

Coronavirus germs spread between people who are close to each other. Tiny water drops in your breath can carry germs like coronavirus. The drops spread to other people when you cough, talk, and sneeze. Most children are not likely to get very sick from COVID-19. Some people may not show many symptoms at all. They can still spread COVID-19 to others. The most common symptoms children may have are listed below.

What are the most common signs that your child is sick with COVID-19?

- Fever
- Chills or repeated shaking with chills
- Cough
- Throwing up or feeling like throwing up
- Diarrhea
- Hard or fast breathing
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose

What to expect if your child has COVID-19:

- Fevers usually go away in about 3 to 4 days.
- Most children start to feel better within 5 days. Sometimes it can take up to 14 days.
- A cough can last for 14 to 21 days. It should not get worse or cause trouble breathing. If that happens call your child's doctor.

If your child is sick, try these things to help your child feel better:

- There is no medicine that can make the virus go away faster. Antibiotics do not work on viruses. Your child's body will naturally fight off the virus. It will take time.
- **Give medicine for fever and or pain:** Children over the age two months old may take acetaminophen (Tylenol®) for pain, fussiness, or fever. Ibuprofen may also be used for children over the age of six months.
- **Use saline** (salt-water) spray or drops in your child's nose. This helps to loosen mucous.
- **Honey** can be useful to treat a cough. **Infants under 1 year should not get honey.** If your child is over 1 year, give a 1/2 teaspoon of honey. For children older than 6 years, give 1 teaspoon of honey. Honey works better than most cough medicines you can buy
- Only children over age 6 years old can have over-the-counter cough medicine.
- Your child needs a lot of **rest and fluids:**
 - For infants under 1 year old: offer breastmilk, formula, or Pedialyte. Do not give plain water.
 - For children over 1 year of age: offer water, Gatorade, apple juice, or popsicles.
- Use a cool mist **humidifier** in your child's room to help your child breathe more easily. Be sure to clean it often. Use the directions from the company that made it.
- **Suction** baby's nose with a bulb syringe to help your child breathe easier. This helps before eating and sleeping.

Testing for COVID-19

Reasons children may need a COVID-19 test:

- Showing signs of sickness
- Chronic illness, like cancer or heart problems
- Staying in the hospital
- Before surgery or tests
- Most children who have mild symptoms like a typical cold do not have to have a test.

Testing locations:

- Call your city or county health department or your child's doctor for information
- Check: <https://www.dhs.wisconsin.gov/covid-19/testing.htm>
- Call any testing site before you go. Not all sites test children of all ages. You may have to make an appointment.

If your child was tested: We will call you with the results as soon as possible. Results may take up to 3-5 days.

If a test will be done, when is the best time to be tested?

- It should be done if your child has signs of illness.
- If it has been at least 5 days since the last close contact with a person with COVID-19.

While you are waiting for the test to come back:

- Your child and all members of your household must stay home.
- Also follow instructions below for separating family members and cleaning items.

What the test means:

The table is our current advice for your child and family to stay home when the virus could be spread.

Follow the rules from your city or county health department if different then below.

Your child	Test result	How long must your child stay home?	How long we suggest your family stay home?
Your child has signs of illness (see page 1)	Positive (shows your child has COVID-19)	10 days from first signs of illness and Symptoms are better and No fever for 24 hours with no medicine	We suggest: All 10 days your child is home and 14 days after your child can leave home.
	No test done	10 days from first signs of illness and Symptoms are better and No fever for 24 hours with no medicine	We suggest if family members have symptoms, they should stay home.

	Negative (shows your child does not have COVID-19)	Care for your child and family as you normally would.	We suggest if family members have symptoms, they should stay home.
Your child does not have signs of illness (see page 1)	Positive (shows your child has COVID-19)	10 days from first test and Symptoms are better (if any) and No fever for 24 hours with no medicine (if had any)	We suggest: All 10 days your child is home and 14 days after your child can leave home.
Close contact with a person who has COVID-19	Your child does not need a test.	14 days after the last contact with the person with COVID-19.	We suggest all 14 days your child is home.

How to keep your family and community safe:

Watch your distance (6 feet at least)

- Stay at least 6 feet from other people who do not live with you.
- Keep that safe space inside and outside.

Wear a mask or cloth face covering.

- Two layer masks are best. A mask is better than a gaiter or a face shield.
- Everyone over 2 years old needs to use a mask.
- Wear a mask when you or your child have to go out of your home.
- Masks or cloth face covering must cover both the mouth and nose.
- Wash hands with soap and water before and after putting on your mask.
- Try not to touch your face, even when wearing a mask or a cloth face covering.
- Masks should not have a valve. Valves can let the virus out of the mask.

Wash your hands

- Wash with soap and water for at least 20 seconds (sing the ABCs!).
- Everyone at home should wash their hands often. This helps to stop spreading germs.
- Make sure you and your children always wash hands when you come home, before making food, before eating, and after using the bathroom or changing a diaper.

Cover coughs and sneezes using the inside of your elbow or a tissue. Wash your hands after coughs and sneezes.

Keep those who are sick in separate rooms as much as you can. Use separate bathrooms if possible.

Do not share dishes, drinking glasses, eating utensil, towels or bedding with other people. These items should be washed with soap and water after being used.

Clean and disinfect your home often using regular household cleaning sprays or wipes.

- Clean surfaces every day that are touched often. This include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

Go to the Emergency Room if your child:

- Is breathing faster, harder, or says there is more pain with breathing.
- Is too sleepy or hard to wake up normally.
- Is not able to drink fluids.
- Has signs of dehydration, like not crying tears, dry mouth, or no pee for 8 to 10 hours or is less active.

Call your child's doctor right away if your child has:

Fever over or equal to 100.4 F for 4 days or longer **and:**

- Severe belly pain
- A red rash
- Red, cracked lips
- Red eyes
- Swollen glands on one or both sides of the neck
- Swollen hands or feet

Call your child's doctor, clinic, or local health department if your child has:

- Fever and cough but is breathing normally and drinking fluids normally.
- A sore throat that lasts more than 2 days or is more painful.
- A fever of 100.4 F or higher that last more than 3 days.
- A cough that last more than 7 to 10 days.
- A runny nose that lasts more than 14 days.
- Yellow drainage from the eyes starts and lasts more than a day.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.