

## 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.

## What are the signs that your child may be 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:

- 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.

## Testing for COVID-19

Your child is being tested for COVID-19. You will receive the results after they are ready.

- If your child was tested for COVID-19, we will call or send a MyChart message as soon as possible. Results may take up to 3 to 5 days, but often come back sooner.
- If your child is active on MyChart and the test is negative, you will get the result, but you may not get a call or a message. Follow the advice below.
- For testing other family members, call your doctor, call 211, visit <https://www.impactinc.org/covid-19-testing-sites/> or <https://www.dhs.wisconsin.gov/covid-19/community-testing.htm>

# Coronavirus (COVID-19) – Viral illness



This chart is our current advice for when your child and family should stay home and wear a mask to stop the spread of COVID-19. Follow the rules from your city or county health department if different than below.

COVID Test Result and Your Child's Symptoms	Recommendations
<p><b>Your child had a positive COVID-19 test</b> (Your child has COVID-19)</p>	<p><b>If your child can wear a mask:</b>  <b>Leaving the home:</b></p> <ul style="list-style-type: none"> <li>Your child should stay home for at least 5 days.</li> <li>After 5 days, if your child has no signs of illness, or if your child's signs of illness are going away, they can leave the house.</li> </ul> <p><b>Wearing a mask:</b></p> <ul style="list-style-type: none"> <li>Your child should wear a mask around others for 5 more days (10 days total).</li> </ul> <p><b>If your child cannot wear a mask:</b>  <b>Leaving the home:</b></p> <ul style="list-style-type: none"> <li>Your child should stay home for 10 days.</li> <li>Your child should stay home until no fever for 24 hours with no medicine.</li> </ul>
<p><b>Your child had a negative COVID-19 test but has signs of illness, without COVID-19 exposure</b> (Your child does not have COVID-19 at the time of testing)</p>	<p>Take steps to protect your child and others, including staying home when ill.</p> <p><b>Leaving the home:</b> Your child can return to school when no fever for 24 hours with no medicine <b>and</b> signs of illness are much better.</p>
<p><b>Your child has signs of illness and is waiting for COVID-19 test result</b></p>	<p><b>Leaving the home:</b> Your child should stay home until test results are received. Once results are received, look at the box for recommendations</p>

<p><b>Your child has signs of illness but has not been tested for COVID-19</b></p>	<p>Anyone with signs of illness should be tested.</p> <p><b>If your child can wear a mask:</b>  <b>Leaving the home:</b></p> <ul style="list-style-type: none"> <li>Your child should stay home for at least 5 days.</li> <li>After 5 days, if your child's signs of illness are getting better, your child can leave the house.</li> </ul> <p><b>Wearing a mask:</b></p> <ul style="list-style-type: none"> <li>Your child should wear a mask around others for 5 more days (10 days total).</li> </ul> <p><b>If your child cannot wear a mask:</b>  <b>Leaving the home:</b></p> <ul style="list-style-type: none"> <li>Your child should stay at home for at least 10 days.</li> </ul>
<p><b>Your child has been exposed to COVID-19 but does not have signs of illness</b></p>	<p><b>If your child can wear a mask:</b>  <b>Leaving the home:</b></p> <ul style="list-style-type: none"> <li><b>Your child can leave home even if the test isn't back yet.</b></li> </ul> <p><b>Wearing a mask:</b></p> <ul style="list-style-type: none"> <li>Your child should wear a mask around others for 10 days, even if your child's test is negative.</li> </ul> <p><b>If your child cannot wear a mask:</b>  <b>Leaving the home:</b></p> <ul style="list-style-type: none"> <li>Your child should stay home until the test is back</li> </ul> <p><b>Type of test needed:</b></p> <ul style="list-style-type: none"> <li>If your child tested positive for COVID-19 in the past <b>30 days</b> and they do not have signs of illness, no test is needed</li> <li>If your child tested positive for COVID-19 in the past <b>31 to 90 days</b>, your child should get tested 5 days after being around someone with COVID-19. You may use a home test.</li> <li>If your child has not tested positive for COVID-19 in the past 90 days, your child should get tested 5 days after being around someone with COVID-19. Use a lab PCR/NAAT test.</li> <li>If your child's test is positive, follow recommendations in the "COVID-19 positive test" box above.</li> </ul>

**Your child has been exposed to COVID-19 and has signs of illness**

**Leaving the home:**

- Your child should stay home until test results are received.
- Your child should stay home when they have signs of illness.
- If your child's test is negative, your child should stay home until signs of illness are better and your child does not have a fever for 24 hours without using medications.

**Wearing a mask:**

- Your child should wear a mask around others for 10 days.

**Type of test needed:**

- If your child has tested positive for COVID-19 in the past 90 days, they may be tested using a home test.
- If your child has NOT tested positive for COVID-19 in the past 90 days, they should get tested using a lab PCR/NAAT test.
  
- If your child's test is positive, follow recommendations in the "COVID-19 confirmed positive test" box above.

## Counting Days

When and how long to stay away from others depends on if you have symptoms and if you can wear a mask. Here is how to count days.

### If you were exposed to a person who tested positive:

- Day 0 is the most recent day you were in close contact with them.
- Close contact means you were within 6 feet for at least 15 minutes total in 24-hours.
- See chart above.

### If you have signs of illness and get a positive test result:

- Day 0 is the day you start to notice signs of illness.
- Day 1 is the first full day after you notice signs of illness.
- **If you do not have signs of illness but get a positive test result:**
- Day 0 is the day you were tested.
- Day 1 is the first full day after your test.

### If you start to have signs of illness after you tested positive:

- Restart your 10 day count on the first day you have signs of illness.
  - Day 0 is the first day of signs of illness no matter how many days since your positive test.
- If family members have signs of illness, they should be tested.

## To help your child feel better if they are feeling ill:

- 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 breast milk, 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 to help your child breathe easier. This helps before eating and sleeping.

## Go to the Emergency Room if your child:

- Is breathing faster, harder, or says they have more pain with breathing.
- Is too sleepy or hard to wake up the way you usually wake them up.
- Is not able to drink fluids.
- Has signs of dehydration, like not crying tears, dry mouth, not peeing for 8 to 10 hours, or poor activity.

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

Fever of 100.4° F or higher for 4 days or longer **and one or more of the following:**

- 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 your city or county health department with questions or concerns if your child has:**

- A sore throat that lasts more than 4 days or is more painful.
- A fever of 100.4° F or higher that lasts more than 4 days.
- A cough that last more than 10 days or gets worse after 7 days.
- A runny nose that lasts more than 14 days.
- Yellow drainage from the eyes that starts and lasts more than a day.

## **More information about COVID-19**

### **To stop the spread of the virus:**

#### **Get the COVID-19 vaccine.**

- We strongly recommend getting the COVID-19 vaccine and booster if you, your child, or your family members are eligible.
- The COVID-19 vaccine can protect you from getting very sick or dying from COVID-19.

#### **Watch your distance (6 feet at least)**

- Stay at least 6 feet from other people who do not live with you both 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 should wear 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.
- Should I wear a mask if vaccinated? You should still wear a mask indoors in public when COVID-19 risk is high where you live.

#### **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.

### **Return to Sports**

If your child tested positive for COVID-19 and plays sports, contact their Primary Care Provider to discuss what is recommended before to returning to play or practice.

**For other health and wellness information, check out this resource:**

<https://kidshealth.org/ChildrensWi/en/parents>

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**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.**