



COVID-19

Your child has been diagnosed or suspected to have COVID-19 and may have one or more of the following symptoms:

- Cough
- Shortness of breath (difficulty breathing)
- Fever or chills
- Loss of smell or taste
- Muscle or body aches
- Headache
- Sore throat
- Runny nose (not from allergies)
- Fatigue

COVID-19 Vaccine Facts

COVID-19 vaccines approved by the FDA are highly effective at preventing COVID-19 complications. Research data has confirmed that protective antibody levels are still high in most people several months after completing the vaccine series. However, you can develop a mild breakthrough infection and can transmit the infection to others.

The COVID-19 vaccines help protect against the serious complications and hospitalization risk with the disease and variants. The unvaccinated continue to have a 20 times higher rate of hospitalizations and deaths.

- In the summer and fall of 2021, the Delta variant became the most common COVID-19 variant.
- In December 2021, the Omicron variant became the dominant strain. It is more highly contagious than Delta, leading to rapid spread. On the positive side, it caused more URI symptoms and less lung infections.
- The CDC tracks the evolving Omicron subvariants for virulence, vaccine efficacy and anti-viral med efficacy.

Causes

- The name of the novel (new) virus is SARS-CoV-2.
- Viruses change through mutation. Variants of the COVID-19 virus continue to emerge and spread.

Care & Treatment

Treat the symptoms that are bothering your child the most.

Fever Treatment:

- For fever above 102 F (39 C), you may use acetaminophen or ibuprofen if the patient is uncomfortable. (See Dosage table).
- Offer cool fluids in unlimited amounts. Staying well hydrated helps the body sweat and give off heat.

Chills:

Shivering occurs when the body needs to raise its core temperature quickly. Shivering generates body heat until the level of fever that the brain needs to fight the infection is reached. Whether or not you take a fever-reducing medicine, here are some ways to stop the shivering:

- Blanket. Wrap the patient in a warm blanket
- Warm bath. For severe shivering (rigors), the quickest way to get the fever level up is to take a warm bath. Once the fever peaks, the shivering or rigors will stop.
- Fluids. Drink extra fluids to improve hydration and circulation.

Headache:

- Pain medicine: Give acetaminophen every 4 hours OR ibuprofen every 6 hours as needed. (See Dosage table.) Not needed for mild headaches.
- Cold pack: Apply a cold wet washcloth or cold pack to the forehead for 20 minutes.
- Massage: Stretch and massage any tight neck muscles.

Coughing AND/OR Sore Throat:

- Any age: Breathe warm mist (such as shower running in a closed bathroom or using a humidifier).
- Age 1 year and older: Also sip some warm clear fluids, such as chicken broth or apple juice. Some children prefer cold foods or drinks such as popsicles, slushies or ice cream.
- Try to get your child to drink adequate fluids.

Runny Nose:

- Blow or Suction the Nose. Teach your child how to blow the nose at age 2 or 3.
- For younger children, gently suction the nose with a suction bulb. Use saline (salt water) nose drops or spray to loosen up the dried mucus as needed.

Body Aches:

- Muscle Pains - Treatment
- Massage: Gently massage any sore muscles.
- Stretching: Gently stretch any sore muscles.
- Apply Heat: Use a heat pack, heating pad or warm wet washcloth. Do this for 10 minutes 3 times per day.
- Warm bath: For widespread muscle pains, consider a warm bath for 20 minutes 2 times a day.
- Pain medicine: For widespread body aches, give acetaminophen every 4 hours OR ibuprofen every 6 hours as needed. (See Dosage table.) Not needed for mild aches.

Medications:

Acetaminophen (Tylenol): ALL AGES	Infant/Children's Suspension Liquid 160mg/5mL	Junior Strength Chewable Tablet
Weight	Dose	Tablets
6 -11 lbs	¼ tsp or 1.25 mL	
12-17 lbs	½ tsp or 2.5 mL	
18-23 lbs	¾ tsp or 3.75 mL	
24-35 lbs	1 tsp or 5 mL	
36-47 lbs	1 ½ tsp or 7.5 mL	
48-59 lbs	2 tsp or 10 mL	2 tablets
60-71 lbs	2 ½ tsp or 12.5 mL	2 ½ tablets
72-95 lbs	3 tsp or 15 mL	3 tablets
>96 lbs		4 tablets

- *Use weight to dose. One dose lasts 4-6 hours.

Ibuprofen (Motrin): > 6 MONTHS OF AGE	Infant Drops 50mg/1.25 mL (Ages 6 - 23 months)	Children's Suspension 100mg/5 mL (Ages 2- 11)	Children's Chewable Tablets 50mg	Junior Strength Chewable Tablets or Capsules 100mg
Weight	Dropperful	Dose	Tablets	Tablet or Capsule
12-17 lbs	1 = 1.25 mL			
18-23 lbs	1 ½ = 1.875 mL			
24-35 lbs		1 tsp or 5 mL	2 tablets	
36-47 lbs		1 ½ tsp or 7.5 mL	3 tablets	
48-59 lbs		2 tsp or 10 mL	4 tablets	2 tablets
60-71 lbs		2 ½ tsp or 12.5 mL	5 tablets	2 ½ tablets
71-95 lbs		3 tsp or 15 mL	6 tablets	3 tablets

- *Use weight to dose. One dose lasts 6-8 hours.

What to Expect

- Mild symptoms usually last less than 2 weeks

Return to School/Daycare

- COVID-19 infections are very contagious.
- If symptoms are present, stay home from school and work at least 24 hours after the fever is gone AND symptoms are getting better. Even after that, you should still take some extra precautions to protect others. For the following 5 days, you should still try to avoid any contact with people at high risk for complications. That includes children less than 2 years, the elderly, and people with chronic diseases.
- Wash hands often
- Cover the mouth when coughing and the nose when sneezing.
- Face masks: If you go out, consider use of a face mask if over 2 years old.

When to Call

- Shortness of breath occurs
- Difficulty breathing occurs
- Your child becomes worse

Continue Self-Care at Home

- COVID-19 infection (or flu) diagnosed by positive lab test or suspected by doctor (or NP/PA) AND mild symptoms (cough, fever, chills, sore throat, muscle pains, headache, loss of smell) OR no symptoms

Call Office to be Seen Within 24 Hours

- Fever present > 3 days
- Continuous coughing keeps from playing or sleeping AND no improvement using cough treatment per protocol
- Earache or ear discharge also present
- Age > 5 years with sinus pain around cheekbone or eye (not just congestion) and fever

Call Office to be Seen Urgently or Contact Emergency On-Call Provider

- Wheezing confirmed by triager BUT no trouble breathing
- Fever > 105 F (40.6 C)

- Fever returns after gone for over 24 hours AND symptoms worse or not improved
- Shaking chills (severe shivering) present > 30 minutes
- Age < 3 months with lots of coughing
- Crying that cannot be comforted lasts > 2 hours
- Oxygen level <92% and no trouble breathing
- Age less than 12 weeks AND suspected COVID-19 with mild symptoms BUT no fever

Call 911 Now

- Severe difficulty breathing (struggling for each breath, unable to speak or cry, making grunting noises with each breath, severe retractions)
- Slow, shallow, weak breathing
- Bluish (or gray) lips or face now
- Difficult to awaken or not alert when awake
- Very weak (doesn't move or make eye contact)