

Caring for Your Child with COVID-19 at Home

Caring for your child with COVID-19 at home is similar to other viruses they might get during cold and flu season. Most children can recover at home without additional medical attention.

If you are using over-the-counter medications, follow the directions on the package for how much and how often to give the medication. If you have questions about the directions, contact your health care provider.

Isolating at Home

You should keep your child at home until they are fever-free for 24 hours without the help of fever-reducing medications, symptoms are getting better, and the recommended isolation period has ended.

- Isolation period will depend on CDC guidelines and your provider's recommendations, as well as local government, daycare or school requirements.
- Please also notify your school, daycare or other close contacts (within 6 feet for 15 total combined minutes or more) that your child has been diagnosed with COVID-19.

Managing a Fever

You can give your child a fever-and-pain-reducing medication. Make sure to read and follow the manufacturer's directions. These medications include acetaminophen (such as Tylenol®) and ibuprofen (such as Advil®). Avoid aspirin.

Managing a Cough & Shortness of Breath

The best way to manage coughing and shortness of breath varies depending on the age of your child.

Kids under age 2, try:

- Using a soothing chest rub for babies, such as Vicks® BabyRub™. Avoid adult rubs containing camphor.
- Giving them a warm bath.
- Using a cool mist humidifier.
- Continuing to lie the baby in the crib on their back with no extra pillows or blankets.



Kids 2 years and older, try:

- Using a chest rub such as Vicks® VapoRub™.
- Giving them a warm bath or encouraging older children to take a warm shower.
- Propping kids up with pillows.
- Using a cool mist humidifier.

Managing a Sore Throat

To help soothe your child's sore throat, here are some things to try:

- Drinking warm fluids like tea or chicken broth.
- Eating cold or frozen desserts like ice cream or popsicles.
- Sucking on ice (if older than 6 years of age).
- Gargling with warm salt water for kids over 6.
- Giving cough drops to kids above the age of 6.
- Giving a half to full teaspoon of honey ONLY for children older than 1 year.
- Giving them acetaminophen or ibuprofen if needed.
- Avoid aspirin.
- Avoid acidic foods and drinks like orange juice.

Managing Nasal Congestion

For nasal congestion, try:

- Nasal suction.
- Saline nasal drops, spray or irrigation.
- A cool mist humidifier.

Call your doctor's office or send a message in your AveraChart portal before using aromatic therapies or other over-the-counter medications.

Maintain Healthy Habits

- Be sure to keep your child hydrated by drinking plenty of fluids.
- If your child has an upset stomach, they should drink even more by continuously sipping smaller amounts of fluids such as non-sugar-free sports drinks or drinks with electrolyte solutions, such as Pedialyte®.
- Make sure kids get plenty of rest, and wash their hands frequently.

Try to keep kids with COVID-19 separate from other members of the household. Wear a face mask when you are in the room with them, and wash your hands before and after visiting their room.

When to Call or Message Your Clinic*

Call your clinic* if:

- Your child's condition does not get better after 3 to 4 days.
- If symptoms are getting worse.
- If your baby does not have a wet diaper every 6 hours. It's okay if it's not soaked, but should be wet.
- The suggestions in this handout are not helping.
- You have questions about medications or other home remedies not listed in this handout.
- Other members in your household start showing symptoms of COVID-19.

Symptoms include:

- Fever
- Congestion or runny nose
- New fatigue
- Headache
- Cough
- Shortness of breath
- Upset stomach, nausea, vomiting or diarrhea
- Chills
- Muscle pain
- Loss of taste or smell
- Sore throat

***If it is outside of clinic hours, call the Avera Medical Call Center at 877-282-8372. It is answered 24/7 by trained staff who can access on-call doctors. Our team is happy to answer your questions.**

Call 9-1-1 Right Away If Your Child Has Any of the Following:

- Difficulty breathing. Signs for this in babies include grunting, bluish skin and/or inability to breastfeed.
- Chest pain or pressure.
- Cold, clammy, and/or spotty skin.
- Confusion.
- Difficulty waking them up.
- Much less peeing than normal
- Inability to drink or keep down liquids.
- Has very bad stomach (belly) pain.
- Fever of 104°F (40°C) or higher that is not responding to fever-reducing medications.

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