COVID-19 AND KIDS:
INFORMATION FOR FAMILIES

As fall arrives and some schools reopen, you may be more worried about your child contracting COVID-19, the respiratory illness caused by the coronavirus.

To ease your concerns, this resource provides information about:

- COVID-19 symptoms in children.
- What to do if your child has symptoms.
- Trusted sources for additional information.
- Safety measures to prevent the spread of COVID-19.

First, some good news about COVID-19 in children

To date, the number of children who have tested positive for COVID-19 has been quite low and few children have been hospitalized because of the virus.

Most positive cases are asymptomatic

Most children who test positive are asymptomatic. In other words, they have no symptoms and were tested only because:

- Their parents were worried.
- They'd been in contact with someone who had the virus.

- The COVID-19 test was required before the child had a medical procedure.

Children who have health issues like heart or lung problems, diabetes, compromised immune systems and obesity are at higher risk of contracting the virus, but the risk is still very low.

COVID-19 SYMPTOMS IN KIDS

In children, symptoms are usually mild and the virus looks like other routine childhood illnesses.

The most common symptoms are:

- Sore throat
- Nasal congestion
- Runny nose
- Mild cough
- Headaches
- Body aches
- Vomiting
- Diarrhea
- Fever

If you are concerned about your child, contact your pediatrician's office. They can determine if an office visit or a telehealth appointment is needed and provide advice and direction on at-home care and treatment and information about COVID-19 testing and testing sites.

If your child exhibits any of the symptoms below, call your pediatrician or seek other medical help.

- A high fever
- Fever lasting five days
- Shortness of breath; difficulty breathing
- Confusion

TRUSTED RESOURCES

For more information about COVID-19, visit these websites:

- **U.S. Centers for Disease Control and Prevention (CDC):** www.cdc.gov/coronavirus

  Note: Site can be converted to other languages.

- **American Academy of Pediatrics:** www.healthychildren.org/covid-19

  Note: Site can be converted to Spanish.

- **UK HealthCare:** ukhealthcare.uky.edu/covid-19

PROTECTING YOUR CHILD FROM COVID-19

Masks stop the spread

Masks that cover the nose and mouth have proved extremely effective in stopping the virus's spread. Masks capture droplets that spray from the mouth and nose when a child talks, laughs, coughs, sneezes or sings. Those droplets are the main way this respiratory virus is spread. Masks also can protect from respiratory droplets expelled by those around us.

Where to wear masks

Masks should be worn in public places where social distancing is not always possible like grocery stores, retail shops, restaurants and schools. They should also be worn at family gatherings like birthday parties and reunions. A number of outbreaks have been traced to family gatherings.
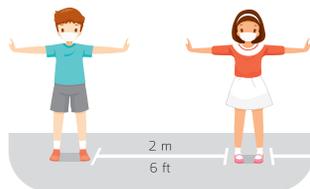
Have your child choose a mask

If your child doesn't want to wear a mask, encourage them by wearing one yourself. You can also have them choose the mask that is most comfortable for them. Children of any age can safely wear a mask but it may be impractical to keep one on an infant or toddler.

Keep a safe distance; outdoors is safer than indoors

Encourage your children to keep 6 feet away from others. To help kids visualize that distance, use objects they are familiar with, like a bicycle or a full-size grocery cart. The virus is not as easily spread when people are outdoors, so have activities outside as much as possible.

Wash hands correctly and often

Encourage children to wash their hands for 20 seconds (two rounds of the ABC song) with soap and warm water. When water is not available, use an alcohol-based hand sanitizer.

Make sure they wash:

- Before meals or snacks.
- After they go to the bathroom.
- After they play outdoors or with other children.
- When they return from stores, restaurants, school, etc.
- When their hands are dirty.

Keep surfaces clean

High-touch, hard surfaces including doorknobs, countertops, faucets and remote controls should be cleaned with household disinfectants. Wash children's bedding and stuffed animals in the warmest water recommended by the manufacturer.

Be a good role model

Children follow their parents' lead. If you wear a mask, keep social distance and wash your hands often, chances are your children will, too.

2 m
6 ft

Kentucky Children's Hospital is committed to providing the best care possible, for children as well as families. Nationally ranked in orthopedics and heart care, and with the region's only Level I pediatric trauma center and Level IV neonatal intensive care unit, KCH is equipped to provide the highest level of care to young patients, close to home. To learn more, visit **ukhealthcare.com/kch.** To make an appointment or find a physician at Kentucky Children's Hospital, please call Health Connections at **859-257-1000** or toll free **800-333-8874.**