



Notice 002

March 19, 2020

NMCS D Pediatric Recommendations for Respiratory Illnesses

Pediatric Recommendations

What are the symptoms of COVID-19 in children?

- Fever, cough, and shortness of breath
- Although we are still learning about COVID-19, initial studies suggest the disease is less severe in children compared to adults.

Will my child be tested for COVID-19?

- Not all patients will be tested for COVID-19, only those with a medical indication as determined by a provider.
- At this time the safest course of action for children with any respiratory illness to stay home (home isolation).

How do I take care of my child?

- Increased rest and fluids are very important
- If your baby has a runny nose, use a clean soft rubber bulb suction to take out the mucus. If the mucus is dry, use saline drops before suctioning. Use 4-6 drops in one nostril; turn the baby's face to that side, wait 5-10 seconds, then suction. Repeat this process on the other side.
- If your child has aches or a fever with discomfort, give acetaminophen (Tylenol – any age) or ibuprofen (Motrin - if older than 6 months). Follow directions on the label for your child's weight. **Do not give your child aspirin.**
- If your child has a cough or sore throat, honey may help children **over 1 year of age**.
- [Wash your hands](#) often with soap and water for at least 20 seconds. If not available, use [hand sanitizer](#).
- Avoid touching your eyes, nose and mouth.

Take your child the Emergency Department if:

- Your child has hard time breathing and does not get better after clearing the nose.
- Your child develops wheezing with shortness of breath.

- Your child starts acting very sick.
- Your child develops severe ear or facial pain.
- Your child is under 2 months of age and develops fever.

Home Isolation is recommended for:

- Mildly ill patients with fever, runny nose, and cough.

When can home isolation be discontinued?*

- In accordance with the Centers for Disease Control policy, all patients with respiratory illness should care for themselves at home, regardless of whether COVID-19 testing was performed.
- Home isolation may be stopped once the following criteria are met:
 - A least **3 days (72 hours)** have passed since **resolution of fever** without the use of fever-reducing medications and **improvement in respiratory symptoms** (e.g. cough, shortness of breath)

AND

- At least **7 days** have passed since symptoms first appeared

Additional Resources:

<https://www.cdc.gov/coronavirus/2019-ncov>

<https://www.healthychildren.org/>

<https://www.tricare.mil/coronavirus>

-----Your **Health** is Our **Mission**-----