

CHILDREN & COVID-19



WHAT TO OBSERVE

If you observe any of these signs or abnormal readings, please bring your child to the nearest COVID-19 assessment centre (CAC) for further evaluation or health facility designated to treat COVID-19.

TEMPERATURE

- $< 36.5^{\circ}$ important warning sign particularly for children aged 12 months & below
- $> 37.5^{\circ}$ is a sign of fever

**If fever persists longer than 3 days, immediately see a doctor.*

BREATHING

Count how many breaths your child takes per minute. Normal breathing rate:

- < 12 months : < 60 breaths/min
- 2-12 months : < 50 breaths/min
- 1-5 years : < 40 breaths/min
- > 5 years : < 30 breaths/min

COUGH PATTERN

- Been coughing for more than 3 days and gets more often.
- Coughing sound has changed from dry to chesty.
- Complains of chest pain or chest tightness.

BLOOD OXYGEN LEVEL

Keep a pulse oximeter at home and check for child's blood oxygen daily $< 95\%$ indicates your child's oxygen level is low

VOMITING, DIARRHOEA, LOST OF APPETITE

- Vomiting twice within 6 hours
- Develops watery stool more than 3 times a day
- Eating and drinking less
- Looks tired or weak



COVID-19 SYMPTOMS

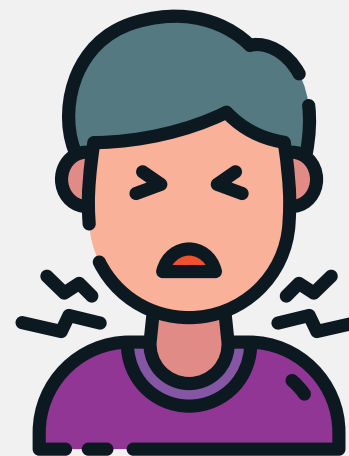
Most children will have mild symptoms. However, some children can get pretty sick. Here are the COVID-19 symptoms.



FEVER & CHILLS



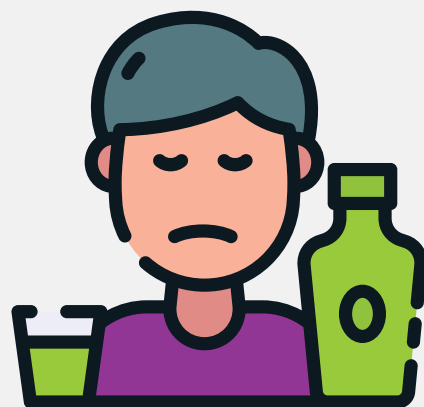
COUGH



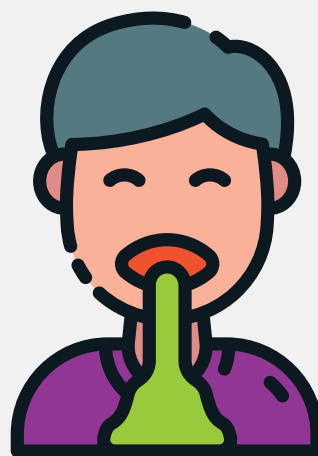
STUFFY OR
SORE THROAT



HEADACHE



LOSS OF TASTE
OR SMELL



VOMITING



DIARRHOEA



TIREDNESS

HOW TO CARE FOR CHILD WITH COVID-19?

**What should you do if your child is experiencing these symptoms?
Follow these guidelines:**

FEVER

Fever is a sign that your child's body defence system is fighting against COVID-19. It is a normal and an expected body response.

- Make sure they drink plenty of water and rest.
- Give paracetamol (Panadol) to reduce the body temperature.
**Never more than 4 times in every 24 hours.*
- Sponging is not recommended. It is ineffective and may make your child shiver instead.
- Anti-inflammation medication such as aspirin, ibuprofen (Brufen/Nurogen) or diclofenac (Voltaren) is not recommended in young children.

DIARRHOEA OR VOMITING

- Give fluids in smaller amounts but more frequently.
- Feed either oral rehydration salt solution or rice/porridge water.
- If your child still refuses to drink, keeps vomiting, or has not passed urine in the last 6 hours, seek medical help immediately.

SEIZURE

- Make sure your child is lying down at a safe spot - bed, sofa or even the floor.
- Put your child in a lateral (lying sideways) position.
- Make sure the mouth and nose is not obstructed so they can breathe easily.
- Do not put anything in the mouth, even if they are clenching their teeth.
- Loosen their clothing
- Immediately call the emergency number 999 for help

TIPS FOR PARENT

If you are caring for your child with COVID-19 patient at home, follow these tips to protect yourself and others. You also need to adhere to this information when taking care of asymptomatic patients.



CAREGIVER

Appoint one healthy family member as a caregiver.



ISOLATION

Isolate him/her from other sibling and adults. Preferably in a room that has bathroom facilities.



WEAR A MASK

You and child are advised to wear a facemask when interacting face-to-face.



IMPROVE AIR QUALITY

Ensure good ventilation of the house by opening the windows. Switch on the ceiling fan and turn off air-conditioners.



WASH YOUR HANDS

Sanitise and wash your hands with soap and water frequently.

TIPS FOR PARENT



WASH UP

Handle any eating utensils used by your child with gloves. Wash with soap and hot water. Wash hands after removing gloves.



CLEAN UP

Clean and disinfect touched surfaces at home, especially in the bathroom. Wipe touched surfaces such as doorknobs, faucet heads and other appliances each time after use.

- Use a regular household cleaner or make your own disinfectant (Mix 1 part bleach to 9 parts water)



DO NOT SHARE PERSONAL ITEMS

Such as plates, cups, towels, or electronic equipment (such as cell phones) with child.



REST

Make sure your child gets enough rest, eat healthy food, and drink enough water.



MONITOR

Monitor yourself for COVID-19 symptoms while caring for your child too.

LOCATION

Covid Assessment & Monitoring @ THKD (CAC)

LG, Block A

Thomson Hospital Kota Damansara

11, Jalan Teknologi, PJU 5, Kota Damansara, 47810 Petaling Jaya, Selangor Darul Ehsan, Malaysia.

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