



Teach children more than 2 years of age to **wash hands with soap & water or alcohol-based sanitizer for 20 seconds**. Caregivers to ensure **handwashing of children less than 2**



If child is more than 5 years of age and older, teach him/her to **always wear mask** while going out



Clean floor, commonly touched places and child toys **at least once a day with 1% of sodium hypochlorite**



When to suspect COVID in Children

Symptoms of COVID-19 are similar in adults and children.

- Fever or chills
- Cough
- Nasal congestion or running nose
- loss of taste or smell
- Shortness of breath or difficulty breathing
- Diarrhea
- Poor appetite



Every sick adult at home should:

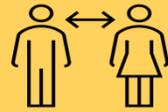
- Self-isolate in a room with adequate ventilation
- Stay as far as possible from children
- Always wear triple ply mask or N95 masks
- Use separate dish, towels etc and clean separately
- Self-monitor for danger signs
- Socialize with friends and family over phone or video calls
- Take plenty of fluids

Teach children more than 2 years of age to maintain distance of **6 feet from others and limit in-person playtime**

If child is sick with symptoms of COVID kindly **consult a doctor** for advice

Engage child **in indoor physical and learning activities** as much possible

Continue Breast feeding of children under 2 years of age by following COVID appropriate behaviour



Tips to manage COVID-19 anxiety in your child



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

Take extra care if your child has any of the following

- Malnutrition
- Disability
- Conditions such as HIV
- Underlying cardiac, liver, kidney problems

Monitor the child by:

1. Counting respiratory rate 2-3 times a day
2. Looking for chest indrawing
3. Looking for bluish discoloration of skin
4. Checking body parts to ascertain if it is extremely cold
5. Checking urine output 4th hourly
6. Checking Oxygen saturation 4th hourly
7. Checking Body temperature 4th hourly
8. Fluid intake in 24 hours
9. Feeding intake & maintain feeding chart
10. Activity level

Consult doctor immediately if any of the following is present:

- Respiratory rate more than
≥60/min in children 0-2 months of age
≥ 50/min in children 2-12 months of age
≥ 40/min in children 1-5 years of age
≥ 30/min in children >5years of age
- Urine output less than 0.5 to 1.5cc/kg/hour
- Oxygen saturation below 94%
- Temperature more than 100.4 F
- Inadequate feeding/fluid intake
- Physically inactive
- Chest indrawing, cold extremities, bluish discoloration of body
- Skin rashes, redness & swelling of lips, tongue, hands & feet

Who can be treated under home isolation?

- Asymptomatic or Children with mild symptoms can be managed at home
- Children with mild symptoms like sore throat, cough or no difficulty in breathing do not require any investigations

Care of children under home isolation:

1. Don't panic, majority of cases can be easily managed at home
2. Inform ASHA/ other functionaries in your area
3. Keep the child in a well-ventilated room
4. Children less than 5 years of age should be accompanied by mother or caretaker during isolation
5. If home isolation is not possible take the child to nearest COVID Care centre

Symptomatic Management of Home isolated children:

For Fever: Paracetamol 10-15 mg/kg/ dose can be given and can be repeated every 4-6 hours

For Cough: In Older children saline gargles with salt can be performed

Fluid and feeds: Ensure oral fluids to maintain hydration

Antibiotics: Not indicated

In case of Moderate or Severe symptoms:

Children with rapid breathing/ difficulty breathing/ SpO2 < 94 Should be referred immediately to the nearest Dedicated COVID Health centre or Secondary hospital after consulting with the nearest Health and wellness centre

