

The 2019 Novel Coronavirus (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms

Symptoms may be very mild or more serious. Symptoms may take up to 14 days to appear after exposure to the virus.

- Fever
- Cough
- Difficulty breathing

How to protect yourself and your child

Coronaviruses are spread mainly from person to person through close contact. Based on current evidence, children do not appear to be at higher risk for COVID-19 than adults. There is no vaccine available to protect against the 2019 novel coronavirus.

You can do many things to help prevent the spread of germs that cause respiratory illnesses. Encourage your child to help stop the spread of COVID-19 by teaching them to do the same things everyone should do to stay healthy:

- [wash hands](#) often with soap and water or an alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- clean and disinfect frequently touched objects and surfaces
- avoid contact with people who are sick
- stay home if you are sick
- practice social distancing (ideally 2 metres from those outside of your family)
- get the [influenza vaccine](#)
- follow instructions of your local public health agency

If you think your child is sick

The priority of the healthcare system is being able to test those who are most in need. Not everyone requires testing. People without respiratory symptoms (such as fever or cough) will not be tested for COVID-19, regardless of potential exposures.

If your child is experiencing serious symptoms of the 2019 novel coronavirus, call your health care provider or public health authority for further instructions. **DO**

NOT take your child to the emergency room with the mild symptoms described above. **DO NOT** call 911 unless it is an emergency.

Things you can do to care for your child:

- Ensure your child is drinking enough fluids
- Give them Tylenol (see dosing table below) – do not exceed maximum dose

Dosage guide

For infants, based on a concentration of 80 mg in 1mL		
Age	Weight	Dose
0 to 3 months old	2 kg to 5.4 kg (6 lbs. to 11 lbs.)	Talk to your doctor
4 to 11 months old	5.5 kg to 7.9 kg (12 lbs. to 17 lbs.)	80 mg (1 mL)
12 to 23 months old	8 kg to 10.9 kg (18 lbs. to 23 lbs.)	120 mg (1.5 mL)
For children, based on a concentration of 160 mg in 5 mL		
Age	Weight	Dose
2 to 3 years old	11 kg to 15.9 kg (24 lbs.to 35 lbs.)	160 mg (5 mL)
4 to 5 years old	16 kg to 21.9 kg (36 lbs.to 47 lbs.)	240 mg (7.5 mL)
6 to 8 years old	22 kg to 26.9 kg (48 lbs.to 59 lbs.)	320 mg (10 mL)
9 to 10 years old	27 kg to 31.9 kg (60 lbs.to 71 lbs.)	400 mg (12.5 mL)
11 years old	32 kg to 43.9 kg (72 lbs.to 95 lbs.)	480 mg (15 mL)

Always:

- use the oral syringe or plastic cup that comes with the medication
 - a kitchen spoon does not hold the right amount of medicine
- keep track of when and how much you give your child
- check with the caregiver so you don't accidentally give a dose that has already been given

After each use:

- put the cap on tightly
- store out of reach and sight of children

***** Please do NOT give Ibuprofen (Motrin or Advil) – it is possible that these medications make infection with Covid more severe******

When should I seek urgent care?

Take your child immediately to Emergency or call 911 if your child:

- Is having trouble breathing
- Has blue lips or skin, or appears very pale
- Is coughing excessively, particularly with a fever
- Is vomiting excessively, especially if there is blood in the vomit
- Has diarrhea and vomiting and is not producing tears, and has not urinated for several hours
- Has a high fever, appears very sleepy, and has not improved with acetaminophen (Tylenol)
- Is under three months of age and has a fever of greater than 38 degrees C (100.4 degrees F)

How can I talk to my child about COVID-19?

A disease outbreak such as COVID-19 can be hard for children and teens to cope with and understand. How your child or teen responds will depend on their age, temperament, and developmental level.

There are a few specific things you can do and say to build your child's resilience:

- Reassure your child that many doctors, nurses, and scientific experts around the world are working hard to keep us safe and healthy.
- Children are observant and pick up on our expressions and emotions. Help them to understand, verbalize and organize their own feelings around the pandemic.
- Find out what they know about what is happening. Correct any misinformation about "this new germ".
- Be honest, but positive. Reinforce that they are unlikely to get sick, but that it is still important that they do their part to protect themselves and their families -- especially those who are at higher risk.
- There will likely be an increase in screen time during social distancing. Be mindful of your child's exposure to the news. Model good media habits and try to limit the news running in the background. Explore child-appropriate options and watch together.
- Encourage and strengthen existing connections with family, friends and neighbours in creative ways.
- Talk to your child about supporting and thanking others who are on the frontlines of healthcare, and those who are maintaining our public services.

References:

<https://www.caringforkids.cps.ca/handouts/the-2019-novel-coronavirus-covid-19>

<http://www.bcchildrens.ca/health-info/covid-19-and-children-information-for-patients>

<https://www.canada.ca/en/health-canada/services/drugs-medical-devices/acetaminophen-and-children.html>