

# COVID-19 IN KIDS

## a cheat sheet for parents

*always talk to your pediatrician for any questions/concerns*

### Don't panic

- Remember: the vast majority of kids do ok.
- Let go of the guilt: for those of us who did everything "right" this is especially hard - but it is also unhelpful + unproductive. Kids get sick sometimes. Only so much is within our control. **Deep breath. You got this.**

### Put together a toolkit

- Saline
- Nasal suction implement (eg Nose Frida, netipot if older)
- Tissues/boogie wipes
- Fluids (pedialyte, BM/formula, dilute apple juice, etc)
- Thermometer
- Fever-reducing meds
- Honey for kids >1y
- iPad, books, toys, etc

Talk to your pediatrician to make sure there aren't specific considerations relevant to your kids (eg asthma; young infants)

### Focus on comfort

- As with most respiratory infections, focus on supportive care, including:
  - maintaining hydration (tips on my website)
  - OTC meds as needed *for comfort*
  - Rest, TLC, and close monitoring

### Prevent snowballing

- Do what you can to limit spread in the house: mask, wash hands with soap/water, consider designating a "clean" & a "dirty" parent.
- For many families, this is impossible - **which is okay.** Just do your best.
- Keep your child at home!

see page 2 for more

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### Watch for complications

- During the illness, watch for any worsening; some red flags are listed but this list isn't comprehensive, esp for kids with underlying health issues.
- It is always better to **trust your gut** and call your pediatrician. We don't mind, I promise.
- About 2-6 weeks *after* the illness, watch out for symptoms that are consistent with MIS-C (a rare, late complication).

### MIS-C symptoms

- high fever for several days
- abdominal pain
- headache
- swollen lymph nodes
- diarrhea/vomiting
- dehydration
- swollen hands/feet
- conjunctivitis (pink-eye)
- cracked lips, swollen tongue
- fatigue or fussiness
- cough, difficulty breathing
- rash

### Red flags

- Difficulty breathing  
(see *Instagram for a video on how to assess this*)
- Chest pain
- Color change
- Dehydration
- Confusion
- Lethargy
- Significant pain
- Worsening symptoms
- Persistent fever (esp if not responsive to fever-reducing meds)
- **anything else that tickles your spidey sense.**

### Things to avoid

- nasal decongestants
- cough suppressants
- essential oils
- elderberry/other homeopathic supplements
- benadryl
- old antibiotics

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