



COVID-19
CORONAVIRUS

Home Care

CHILDREN DIAGNOSED WITH COVID-19

This is not a substitute for medical advice from your doctor. It is advisable to consult your doctor either via online or physically to get the treatment.

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Highlights

Signs or symptoms of COVID-19 in children include:

- Fever
- Fatigue
- Headache
- Myalgia
- Cough
- Nasal congestion or rhinorrhea
- New loss of taste or smell
- Sore throat
- Shortness of breath or difficulty breathing
- Abdominal pain
- Diarrhea
- Nausea or vomiting
- Poor appetite or poor feeding

Current evidence suggests that children with medical complexity, with genetic, neurologic, metabolic conditions, or with congenital heart disease might be at increased risk for severe illness from COVID-19. Similar to adults, children with obesity, diabetes, asthma or chronic lung disease, sickle cell disease, or immunosuppression might also be at increased risk for severe illness from COVID-19.

Families with children can encourage these precautions:

Cough and sneeze with care.

Encourage everyone in the family to cough and sneeze into their elbow, instead of their hands, and to wash their hands after each time this occurs. Throw away tissues after they are used.

Keep hands off faces.

Parents should remind children to avoid touching their face as much as possible. It can help if kids carry a toy that will keep their hands busy, but he notes that parents should wash those toys regularly.

Keep things clean

Wipe down toys and surfaces your child touches regularly, especially when traveling or when near a person who is sick. Clean surfaces at home and store cleaners in cabinets that are either too high for your child to reach or are secured with childproof cabinet locks. (More cleaning recommendations are available from the Centers for Disease Control and Prevention.)

Address anxiety and stress

Talking things over as a family can help identify specific fears and clarify the facts. It also helps for families to discuss a plan in case someone gets sick or something else happens that interrupts the normal routine.

Children will look to you when deciding how to feel about COVID-19. If you feel calm and prepared, they are likely to feel similarly.

Covid-19 second wave and children: what should parents do?

Why is the second wave of Covid-19 affecting more children and adolescents?

Experts say the double mutant coronavirus variant alongside a cocktail of other strains have a higher tendency to infect children. Children getting infected from members of family who go outside and are lax in maintaining Covid-19 appropriate behaviour are also part of the spread seen during the second wave.

What symptoms are children showing?

The second wave has shown that Covid-19 symptoms are not limited to just the respiratory system. The most common symptoms observed in children include high fever, chills, shortness of breath, cough, loss of smell, sore throat, myalgias, and mucocutaneous inflammatory signs. In the second wave, more Covid-19 positive children are showing gastrointestinal (GI) symptoms like loss of appetite, vomiting and diarrhea.

Why are Covid-19 positive children showing more gastrointestinal (GI) symptoms this time?

Although respiratory symptoms are more prominently highlighted, gastrointestinal manifestations are seen in up to 40-50 per cent cases.

"Novel coronavirus uses ACE-2 as a viral receptor for entering the GI tract. It is highly expressed in the glandular cells of gastric, duodenal, and rectal epithelia, supporting the entry of coronavirus into the host cells.

What should be done when a child tests Covid-19 positive? What precautions should be taken?

Experts say children showing mild symptoms should be home quarantined for 14 days. If symptoms are mild and oxygen saturation is greater than 94 per cent, we have to give supportive care, adequate hydration, proper nutrition and paracetamol. If CRP (C-reactive protein) and ferritin (blood protein that contains iron) levels are elevated, then children should contact their doctor immediately for further advice.

In the absence of any definitive therapy, social distancing, wearing masks (Child must be of age > 2yrs.), and hand washing are still the gold standard in prevention of disease among this age group

How is the trend of Covid-19 affecting children?

Children in the age group of 0-14 years were less affected by Covid-19 in the previous wave but this time it's definitely more. Mostly, infection among children was mild and most of them remain asymptomatic.

Rarely a severe illness, in form of multi-system inflammatory syndrome, had been identified. This usually happens three to six weeks after the infection. The Department of Pediatrics, AIIMS, is documenting the long-term effect of Covid-19 in children.

Are there any Covid-19 vaccines for children?

No, presently there is no Covid-19 vaccine that can be administered to those below 18 years of age. The Health Ministry has said clinical trials are underway to test the safety and efficacy of Covid-19 vaccines among children.

Can newborns get Covid-19?

A very small number of cases have emerged where pregnant women infected with coronavirus have passed the disease on to their babies. Infants can also become infected shortly after being born. The US Centers for Disease Control and Prevention (CDC) has said that most newborns who test positive for Covid-19 have mild symptoms or none at all, and recover, but serious cases have occurred rare.

Online Consultation

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BY SEEING THE CURRENT SITUATION WE HAVE LAUNCHED AN Online DOCTOR CONSULTATION ON Whatsapp Chat Service TO SUPPORT PEOPLE THROUGH THESE TIMES. WE ARE ALSO AIMING TO ADDRESS PEOPLE'S FEARS ABOUT THE VIRUS AND ANSWER CONCERNS IF ANY.

For Online Consultation, you can follow these steps:

Method 1.

1. Visit www.drdad.in
2. Click on Online Consultations
3. Follow the steps written there and book an appointment

Method 2.

1. Call / Whatsapp at +91 8595490248
2. Get Appointment link on your WhatsApp
3. Fill it and book and appointment.