

Novel coronavirus (COVID-19)



Children'sSM
Healthcare of Atlanta

What your family needs to know

With many cases of novel coronavirus (COVID-19) in Georgia, many parents are wondering how they can prevent the spread of COVID-19 and protect their families. Children's Healthcare of Atlanta understands your concern, and it's always a good idea to take precautionary measures against the spread of germs for this and many other types of viruses.

How can I protect my family?

The best ways to prevent illness are to avoid being exposed through social distancing and to use frequent hand washing. Here are the steps you can take to lower the risk of catching or spreading illness.

- Stay home if you are sick, except to get medical care. Be sure to call ahead before visiting your doctor.
- Avoid close contact with others, especially people who are sick. If you must leave home, be sure to follow social distancing by staying at least 6 feet apart from others. Also keep up with local, state and federal guidelines on where you are allowed to go during this time.
- Wash hands often with soap and water for at least 20 seconds. If you do not have soap and water, use an alcohol-based gel or foam that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching eyes, nose and mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze or use the inside of your elbow. Throw away used tissues in the trash. Wash your hands or use alcohol-based gel or foam after touching tissues.
- Clean and disinfect frequently touched objects and surfaces every day.

It is also recommended that you have an adequate supply of medicine on hand.

How should I care for someone who is sick in my home?

- Separate ill people from other people in the home, including having them use a separate bathroom, if possible.
- If possible, wear a mask while caring for an ill person in the home.
- Wash your hands thoroughly after caring for the person.

Should I wear a mask?

The Centers for Disease Control and Prevention (CDC) now recommends that everyone wear a cloth face covering to cover their nose and mouth in public. This is advised in addition to social distancing, frequent hand washing and other methods for preventing the spread of illness.

Note: medical masks and N-95 respirators should only be used by health care providers and first responders.

This contains general information only. Talk with your child's doctor or a member of your child's health care team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

What are the symptoms?

Symptoms may include:

- Fever (temperature of 100.4°F or higher)
- Symptoms of lower respiratory illness like cough and trouble breathing
- Sore throat
- Diarrhea
- Vomiting

If your child has a fever or cough, use our [COVID-19 Pediatric Assessment Tool](https://choa.org/covid19) which can be found at choa.org/covid19.

Most children with COVID-19 have mild symptoms and do not require hospital care. If you have concerns regarding your child's symptoms, please call your doctor or pediatrician.

If your child develops emergency warning signs, seek medical attention immediately. Call 911 or take your child to the closest emergency department. Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Other signs that your child needs medical care can include:

- Fast breathing, even when there is no fever present
- Continued coughing
- Inconsolable crying
- A change in behavior that is concerning
- Decreased drinking of fluids with reduced urine output
- No tears when crying

What is Children's doing?

As public health agencies closely monitor the outbreak, know that Children's is ready to support the diagnosis and management of children in the event a child presents with known or suspected COVID-19.

Children's has the appropriate personal protective equipment (PPE), plans for location management and a team of staff trained to care for children with known or suspected COVID-19 should they require clinical care.

Questions?

Call the Children's Healthcare of Atlanta COVID-19 Hotline at 404-785-7955 to speak with one of our experts. This hotline is for informational purposes only.

Visit choa.org/covid19 for more information.

Visit cdc.gov/coronavirus/2019-ncov for the latest updates and advice as this is a rapidly evolving situation.

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