

# COVID-19 (CORONAVIRUS)

## Guidelines to follow for children with COVID-19 or awaiting test results for COVID-19

**If you are waiting for the COVID-19 test result for your child (suspected case) : the result will be communicated in the next few days, whether it be positive or negative.**

### Isolation and hygiene instructions

If you are waiting for a COVID-19 test result for your child : please stay in isolation at home and follow the instructions as indicated in the following document issued by the ministry of health and social services : [chusj.org/ResultCovid19](https://chusj.org/ResultCovid19)

If your child has a confirmed positive test result for COVID-19 : please stay in isolation at home and follow the instructions as indicated in the following document issued by the ministry of health and social services : [chusj.org/confirmedCase](https://chusj.org/confirmedCase)

**Public health will contact you to inform you of the criteria required to end isolation.**

### How to get your child's medications ?

If the doctor has given you prescription for your child :

- The prescription was faxed to your pharmacy
- Do **NOT** physically go to the pharmacy
- You must call your pharmacy and agree on a procedure to obtain your child's medication

## General Instructions

- Ensure that your child is well hydrated. If necessary, give small but frequent quantities to your child.
- Continue your child's usual medication.
- Continue nasal hygiene (ex : sinus rinse) regularly, and as necessary.
- If required, we recommend the use of **acetaminophen** (ex. Tylenol™, Atasol™, Tempra™, private brands) as a **first line** to relieve fever, respecting the doses recommended according to weight and respecting any contraindications.
- If your child is over the age of 6 months and his or her fever persists after a few doses of acetaminophen given every 4-6 hours regularly, **ibuprofen** (eg Advil™, Motrin™, private brands) can be used as a **second choice**, along with acetaminophen, while respecting the recommended doses and contraindications. \*

\*According to the Canadian Pediatric Society, although there may be reasons to exercise caution when using treatments that are nonsteroidal anti-inflammatory drugs (eg ibuprofen) in the elderly, there is no evidence that ibuprofen used for fever or pain is harmful to children over six months of age with suspected COVID-19. Health Canada recommends the use of acetaminophen or ibuprofen to relieve fever symptoms in patients with suspected COVID-19.

## If your child presents with one of the following symptoms

- Difficulty breathing (rapid breathing, laboured breathing)
- Difficulty drinking or significant diarrhea with signs of dehydration (dry mouth, less than 4 urinations in 24 hours, sunken eyes, lack of tears)
- Drowsiness
- Persistent fever 3 days after the initial consultation.

**Go to the emergency room and state that your child has COVID-19 or is awaiting the test result for COVID-19.**

The Government of Québec COVID-19 general public information line is open from Monday to Friday, 8 a.m. to 6 p.m. : **1 877 644-4545**