



# **GUIDELINES TO PARENTS ON COVID-CARE MANAGEMENT FOR CHILDREN**

# HOW DOES COVID-19 AFFECT CHILDREN?

According to UNICEF data, 60–70% of children who get COVID-19 is asymptomatic meaning shows less/no symptoms of the virus at all. Among these children, 1–2% need intensive care unit (ICU) treatment.

But children with pre-existing chronic diseases are at higher risk of getting severe illnesses from COVID-19.

Eg. Heart disease, kidney/liver disease, obesity, asthma/lung disease, immunosuppression, etc.,

Severe cases that develop acute respiratory problems & other difficulties will require ICU management.





# COVID INFECTION IN CHILDREN

Mizoram reported one of the highest no. of active Covid cases of children in India.

# SYMPTOMS OF COVID IN CHILDREN



Fever, sore throat, cough, breathlessness, fatigue, loss of smell, loss of taste



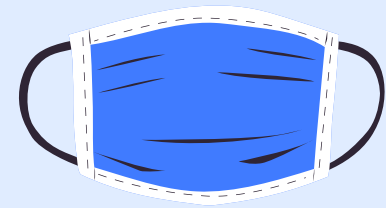
Body ache, abdomen pain, loose motion, vomiting, myalgia, rhinorrhea



Poor appetite, rash, red/pink eyes, swollen lips/tongue/hands/feet, diarrhea & gastrointestinal problem.

# Treatment Guidelines for Parents

## Home Isolation care



Stay at Indoors  
At All Cost

### Asymptomatic cases

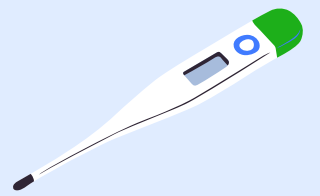
- Infants & younger children to stay under the immediate care of parents/guardians
- No specific medication is needed
- Continue medications for other conditions, if any
- Promote CABs (mask, strict hand hygiene, physical distancing)
- Fluids & feeds: ensure oral fluids to maintain hydration & give a nutritious diet
- Advise older children & family to stay connected & engage in positive talks through phone, video calls, etc.
- Parent/caregivers to contact the doctor in case of appearance of symptoms



Isolate

### Mild cases

- For fever, paracetamol of 10–15mg/kg/dose may repeat every 4–6 hours
- For cough, give throat soothing agents & warm saline gargles in older children & adolescents
- Fluids & feeds: ensure oral fluids to maintain hydration & give a nutritious diet
- No COVID-19 specific medication needed
- Antimicrobials are not indicated
- Maintain monitoring chart including counting of respiratory rate 2–3times a day, look for chest indrawing, cold extremities, urine output, oxygen saturation, fluid intake, activity level, especially for young children
- Promote CABs (mask, strict hand hygiene, physical distancing)
- Advise older children & family to stay connected & engage in positive talks through phone, video-call, etc.
- Parent/caregivers to contact the doctor in case of appearance of symptoms



Track the  
Symptoms

# RED FLAG SIGNS

If the child develops the following signs & symptoms must immediately contact Doctor/Medical team

**Fever:** Temperature of 100.4°F/+ >/=for more than 4 days

Rapid breathing/increased rate of respiration

SpO2 – Less than 94%

a) Rapid respiration (age-based): <2 months RR ≥60/min

b) 2-12 months, RR ≥50/min

c) 1-5 years, RR ≥40/min

d) >5 years, RR ≥30/min;  
OR SpO2 90–93% on room air

**Children with vomiting & diarrhea may lose fluid and electrolytes from the body**  
Severe dehydration can be dangerous for the child; one must look for the following signs -

Sunken fontanelle  
Sunken eyes

Dry tongue & mouth,

Low urine output

Vomiting whatever is ingested

Lower chest retraction

Skin pinch test (pinch the skin of the abdomen for 10 seconds if it does not return to normal quickly)

Lethargy, weakness and inability to eat/drink

Cyanosis (Bluish discoloration)

Rash or swelling of lips & tongue

Cold extremities, in cases of newborn

# Things to keep in mind while taking respiratory rate of your children

The respiratory rate of the child should be counted when the child is asleep or when the child is at rest. The respiratory rate should be counted for at least 1 minute

If the Respiratory rate is higher than normal for the age, repeat counting the respiratory rate. Respiratory rate should not be counted when the child is crying, breastfeeding, playing, or when the child is tired

When using a pulse oximeter to check SpO2 level, a reading should be taken after 30 seconds. For newborns and infants, toes may be used to check SpO2 levels. Nail polish can interfere with SpO2 reading

# How to manage different situation in home?



## If mother & child are Covid +ve

- Let the mother take care of the child unless too sick/hospitalised
- Mothers should continue breastfeeding their infants as much as possible



## If the mother is positive but her child is Covid -ve

- In case of no other child-care option is available. The mother should take care of the child under these conditions-
- best possible sanitization measures
  - wear a double mask
  - maintain physical distance



## If the child is positive but the parents are Covid -ve

- Parents can continue taking care of their child but they should-
- use a proper mask
  - wear gloves/PPE while taking care of their child
  - avoid leaving children with elderly people in the house



# Guidelines to Parents on **COVID APPROPRIATE BEHAVIOUR** for their Children

## Interacting with more people increases your risk

- The family members should step out of the house only when necessary (official/marketing) & follow strict CABs.
- Avoid taking out children in public places like parks, market, & social institution
- Restrict your children from visiting friends house/apartments or neighbours house
- Instruct your children to avoid touching handrail/railing while stepping out of the house
- Teach children with 5yrs & above to wash with soap & water or alcohol-based sanitizer for 20secs
- Encourage children 5yrs & above to wear masks while going outside

## Social gathering increases the risk

- Restrict going & celebrating birthdays
- Avoid mass gatherings like marriage/childbirth/religious function & funeral
- Motivate your children to play indoor games with siblings
- Involve your children in some form of physical activity at home
- Parents should advise their 18yrs+ children to follow strict CABs even if they are already vaccinated

## Infant care management

- Limit relatives/friends visiting a newborn baby
- Restrict touching a newborn child on the face/cheeks
- Remember to wash your hands & teach others to do the same -before handling the infant, breastfeeding
- Clean frequently touched surfaces like doorknobs, cellphone, countertops, bathroom, etc,
- In case of any family member develops covid symptoms he/she should immediately be isolated

## Encourage digital platform

- Stay connected with relatives, friends, & teachers through video calling & hhby sharing pictures on Whatsapp, Facebook, & Instagram, etc,
- Use gpay/phonepe apps for online transactions, tuition fees, shopping, and gifts exchange/presents

# COVID VACCINATION FOR CHILDREN



## Vaccine under Trial

Trials in children have been initiated & to make sure the safety, & efficacy, the authority are taking necessary measures

## Under strict supervision by WHO

When the vaccine get deployed in children regulatory agencies will continue to monitor the safety of the vaccines

## Vaccinate the risk group children

Children who are at higher risk group (underlying illnesses) should be prioritized for vaccines when they become available

## Vaccination for all

When vaccines are available the parents should immediately vaccinate their children



# Thank you!

ASK QUESTION  
for  
Queries

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# Resource Page

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- 'Covid-19 and children' | UNICEF India (Article).

- *WHO's Science in 5 on COVID-19: Vaccines and children* (Video).

- Management of COVID-19 in Children by MoHFW India and my GOV (Poster).

- *IDSP Bulletin, H&FW, Mizoram* (Report).

- Guidelines for Management of Covid-19 in Children - below 18 years (MOHFW) GOI

- Pictures illustrated from Financial Times, HealthyChildren.org & Bristol Live.