



## Covid-19 and Your Child

Children of all ages can get Coronavirus disease (COVID-19). This is an illness caused by SARS-CoV-2, a respiratory virus that is spread by close contact with other infected individuals. It is generally associated with mild illnesses, similar to the common cold, and most recover on their own.

To lower your risk of getting COVID-19, please remember to get vaccinated, wash your hands, avoid touching your face, clean frequently touched objects, and surfaces, and follow local public health advice.



### What Are the Symptoms?

Children can present with a range of symptoms. The most common are fever and cough.

- Fever
- Cough and congestion
- Difficulty breathing
- Sore throat
- Nausea, vomiting, and diarrhea
- Fatigue, headache
- Loss of the sense of smell or taste
- Rash

Symptoms can be mild or more serious and can take up to 14 days to appear.

## What Should I Do If My Child Has Symptoms?

Connect with your KixNurses. We can assess your child on video while you stay in the comfort of your own home. You will receive advice and the next steps for any symptoms your child is experiencing. The nurse will arrange a follow-up and guide you on where to go. Children with mild symptoms can stay at home without needing to go to the emergency department or being hospitalized.

### WHEN TO CALL 911:

Seek immediate emergency services if you notice these signs in a child:

- Difficulty breathing or catching their breath
- Concerns of dehydration- little to no urine output/wet diapers
- Frequent vomiting, or poor feeding
- Not able to wake, confused, very sleepy
- Bluish lips