

**SUNWAY**<sup>®</sup>  
HEALTHCARE

# HOME CARE SUPPLEMENTARY GUIDEBOOK

for children  
with mild COVID-19



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# COVID-19 INFECTION IN CHILDREN

In children, COVID-19 generally causes a mild illness compared to adults. Children with COVID-19 can, however, spread the infection to others.

## TIPS TO REDUCE INFECTION:

**1**

Most children who become ill with COVID-19 will recover on their own.

**2**

How to lower your child's risk of contracting COVID-19:



Wash hands frequently



Avoid close contact with others



Avoid touching eyes, nose and mouth



Keep at least two metres from others outside your household

**3**

Stay home as much as possible.

**4**

Use face covering (mask, preferably with a face shield) in public places.



## COVID-19 INFECTION IN CHILDREN (CONT'D)

### SIGNS & SYMPTOMS:



Your child may be infected with COVID-19 if they experience some or all of the following:

Chills

Body aches

Cough or sneezing

Fatigue

Diarrhoea and vomiting

Fever

Headache

Difficulty breathing or fast breathing

Runny or stuffy nose

Loss of taste or smell

Sore throat

Once infected, symptoms can take up to 14 days to appear. Some children with COVID-19 experience mild symptoms or none at all.

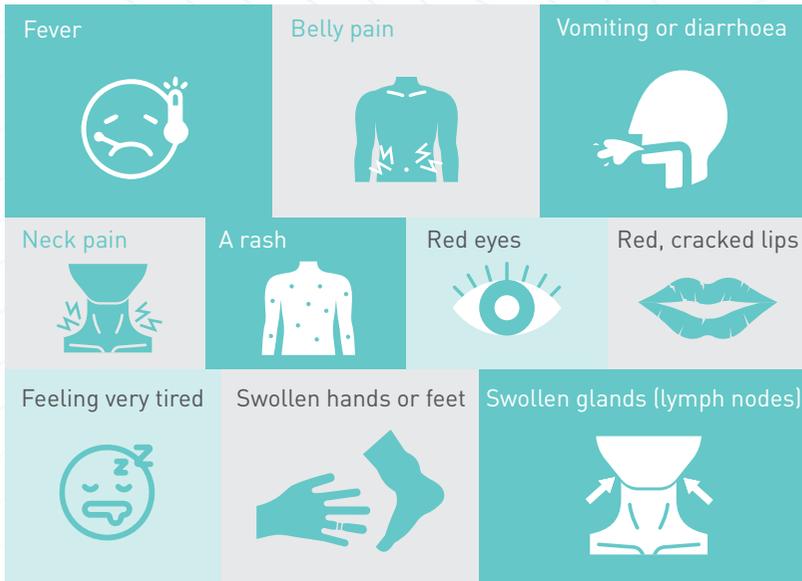


# MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN

There is a rare condition that may be related to COVID-19 that develops in children a few weeks after they are infected.

This condition is called Multisystem Inflammatory Syndrome in Children (MIS-C). It is caused by inflammation in the body that leads to a prolonged fever in your child.

## SYMPTOMS OF MIS-C CAN INCLUDE:

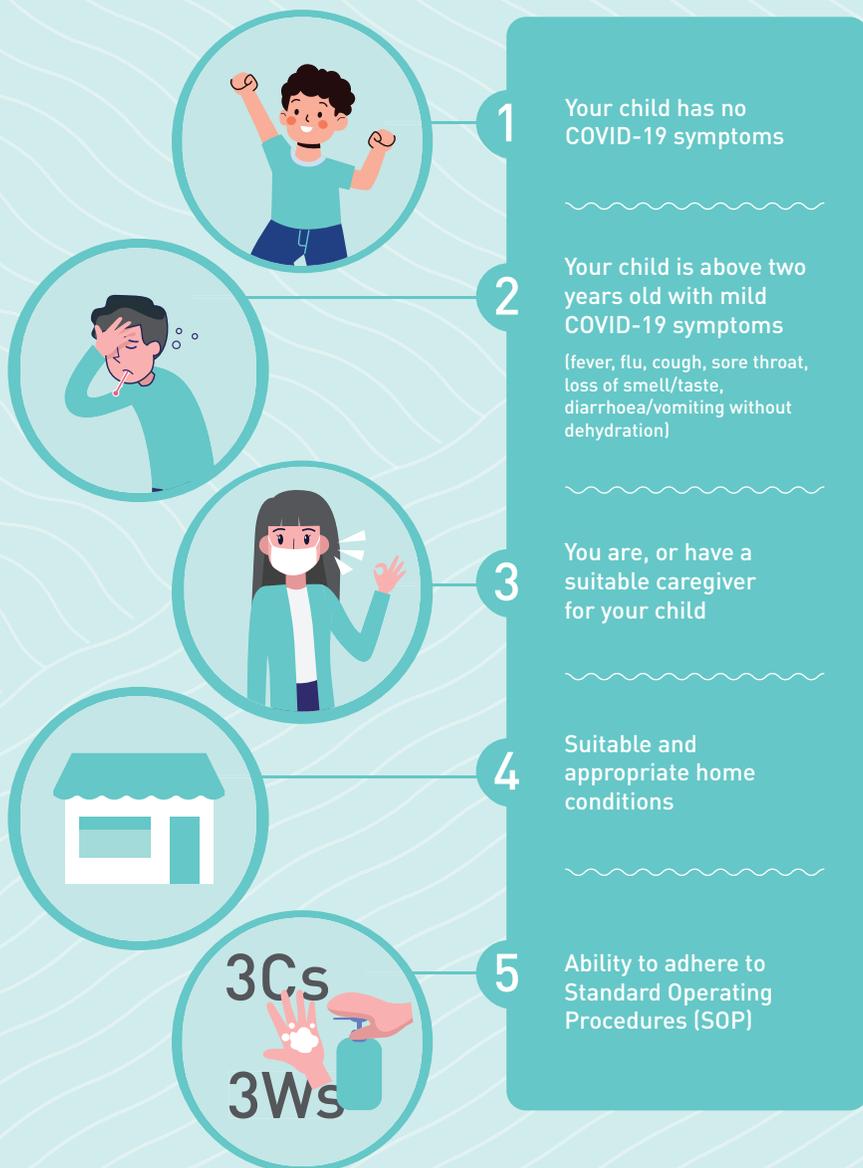


Children who are very sick with MIS-C may have trouble breathing, pain or pressure in the chest, bluish lips or face, confusion, or trouble staying awake.

There are effective treatments for this condition after they get special care in the hospital.

## HOME ISOLATION FOR CHILDREN WITH MILD COVID-19

The following criteria must be fulfilled for your child to be placed on home monitoring:



# HOME ISOLATION FOR CHILDREN WITH MILD COVID-19 (CONT'D)

## CHARACTERISTICS OF A SUITABLE CAREGIVER

Parents or caregivers should be available to care for the sick child who is placed on home monitoring.



The following persons **SHOULD NOT** be a caregiver:

- Adults >60 years of age
- Pregnant woman
- Individuals with specific comorbidities, i.e. chronic respiratory disease, type 2 diabetes mellitus, heart failure, obesity
- Immunocompromised persons



You must maintain strict hygiene practices to avoid being infected. Your role includes:

- Help your child follow instructions for self-care
- Ensure your child eats their meals, stays hydrated, and gets sufficient rest
- Clean and disinfect areas frequently used or touched by your child, e.g. doorknobs, bathroom

For medical emergencies, call a hospital or **Sunway 24-hour Telemedicine Command Centre (TCC)** at **+603-7491 9191** or WhatsApp **+6019-388 3281**.

# HOME ISOLATION FOR CHILDREN WITH MILD COVID-19 (CONT'D)

## APPROPRIATE AND SUITABLE HOME CONDITIONS

- 1 Access to telephone and contactable at all times.
- 2 Able to adhere to home isolation (separate bedroom, preferably with attached bathroom).
- 3 A bedroom where your child can recover without sharing immediate space with others.
- 4 A personal bathroom for your child. If not possible, care should be taken to disinfect the bathroom after each use.
- 5 Other occupants in the house do not have immunocompromised conditions.
- 6 Personal transport is available to bring your child from home to the clinic/hospital.
- 7 No visitors at all times.
- 8 Resources for access to food and other necessities are available.



# HOME ISOLATION FOR CHILDREN WITH MILD COVID-19 (CONT'D)

## ADHERENCE TO STANDARD OPERATING PROCEDURES (SOP)



Your child should maintain a physical distance from other household members, limit movements in the house and avoid visitors.



Your child and their caregiver should wear a mask when around each other.



Comply with basic preventive measures, e.g. regular hand washing, practise cough etiquettes.



Separate eating utensils (fork, spoon, plate, etc.) and personal items (towels). Use disposable utensils, or allow older children to clean their own utensils, and keep them aside.



Laundry should be washed separately. Wash hands thoroughly after handling dirty laundry. If possible, wash laundry at the warmest setting, or with warm water.



Report health status daily through MySejahtera and attend to phone calls by healthcare providers.

### REMARK:

Refer to the **main Home Care Guidebook (pages 3 & 4)** for more information on general home isolation tips.

# HOME ISOLATION - HOME ASSESSMENT TOOL

## 'HOME ASSESSMENT TOOL' FOR PARENTS WITH A CHILD TESTED POSITIVE FOR COVID-19

Please (✓) if your child experiences any of the symptoms below.

SYMPTOMS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	NOTES
Fever											
Sore throat or runny nose											
Cough											
Vomiting or diarrhoea											
Active on handling											
*Symptoms more than 7 days											
*Lethargy											
*Poor feeding											
*Chest or abdominal pain											
*Cold or clammy peripheries											
*Signs of dehydration (less urine within 24 hours)											
*Change in mental status											
*Seizures											

### **NOTE: \*RED FLAGS -**

If present, please refer your child to a specialist or hospital for further assessment.

# WARNING SIGNS TO WATCH OUT FOR IN CHILDREN

Watch for signs that your child might need to be referred to a specialist or a hospital.

URTI symptoms (sore throat, cough, runny nose) for more than 7 days



Shortness of breath or increased muscle pulling in between the ribs



Nose flaring when breathing

Inactive on handling / lethargy

Poor feeding

Chest or abdominal pain

Cold or sweaty palms and feet



Signs of dehydration



Altered state of consciousness (confused, very sleepy, irritability)



Seizures



Persistent fever, new onset fever and temperature  $>38.5^{\circ}\text{C}$



Worsening or persistent nausea, vomiting and diarrhoea



Coughing up blood

Cyanosis (purple-blue lips or fingers)

Seek immediate medical treatment if your child develops any of the above.

**NOTE:** This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

# GENERAL CARE FOR CHILDREN WITH COVID-19

Most children develop only mild symptoms without the risk of becoming seriously ill. If your child needs further care, please contact a healthcare provider, or call Sunway Telemedicine Command Centre (TCC) for advice.

How can I talk to my child about COVID-19?

A disease outbreak such as COVID-19 can be hard for children and teens to cope with and understand. How your child or teen responds will depend on their age, temperament, and developmental level.

There are a few specific things you can do and say to build your child's resilience:

- 1 Reassure your child that many doctors, nurses, and scientific experts around the world are working hard to keep us safe and healthy.
- 2 Be honest, but positive. Explain to them that the likelihood of children getting sick from COVID-19 is low. However, it is still important that they do their part to protect themselves and their families, especially those at higher risk.
- 3 Children are observant and pick up on our expressions and emotions. Help them to understand, verbalise and organise their own feelings about the pandemic.
- 4 Explore child-appropriate content online and watch together.
- 5 Find out what they know about what is happening. Correct any misinformation about "this new germ".
- 6 Assure them that they can still stay connected with family and friends in creative ways, e.g. video calls.
- 7 Find activities that the family can do together to limit screen time.

## HELPING A CHILD THROUGH A SWAB TEST

Though COVID-19 has affected adults much more than children, some kids may start to display symptoms, or be infected through close contact.

Testing is recommended for anyone with COVID-19 symptoms.

Most children will tolerate the swabbing process just fine. For those who are a little more anxious, here are some tips that may help your child:

Explain why it is important that your child is tested.

Offer a reward or special treat that your child can get after the test.

Inform your child in advance how the test is done.

Allow your child to sit on your lap.

Ask your child to count (in their heart) slowly to five. Assure them the test will be done before they finish counting.

Encourage your child to hold your hands while the test is being done.



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References:

1. MOH Annex 2E   2. CDC   3. NHS

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