



Guidelines for families returning home with a diagnosis of suspected or confirmed COVID-19 infection

Information in this pamphlet is meant to help you cope with your child's mild illness and protect those around you from contracting COVID-19.

Prepared by Infection Prevention & Control Service, Montreal Children's Hospital, McGill University Health Centre

To get more information on COVID-19, visit: santemontreal.qc.ca | quebec.ca | canada.ca

At the hospital

The medical team believes your child may have an infection caused by the new **coronavirus**, also known as **COVID-19**.

Your child's illness is mild and does **not** require hospital care.

There is no treatment or vaccine for COVID-19. Antibiotics are not prescribed because they are ineffective against viruses. There are, however, ways to **help relieve symptoms**:

- ✓ You may give your child medication for fever (acetaminophen). Always follow the recommended dose and instructions on the label.
- ✓ Help relieve your child's nasal congestion.
- ✓ Ensure your child drinks plenty of fluids and gets plenty of rest, including sleep.

Heading home

It is safe for you and your child to return home and let the illness run its course.

WEAR A FACEMASK

You will get a facemask before leaving the hospital. Before touching the mask, you and your child should wash your hands with an alcohol-based hand rub solution or soap and water. Then, place the mask on your child's face, as shown below:

How to put on a mask



1 Disinfect your hands prior to taking a mask.



2 Place the mask with the rigid edge upwards.



3 Shape the rigid edge to the bridge of your nose.



4 Position the bottom edge under your chin.

! Please change your mask when it becomes damp.

While it may be difficult, please make sure your child keeps the mask on while you are out in public.

TRANSPORTATION

Do not use public transportation to get home, opting instead for your own vehicle or a taxi.

At home

To protect those around you, follow these recommendations:

STAY HOME EXCEPT FOR URGENT MEDICAL CARE

- Keep your child at home except for urgent medical care.
- Your child cannot go to daycare, school or any other public area.
- Non-urgent medical appointments must be moved to a later date.

SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME

- Keep yourself and your child confined to a specific room.
- Keep a 2-meter distance from other family members and do not host visitors.
- Avoid contact with individuals with chronic health problems and/or a weakened immune system (including the elderly); they could become very sick from COVID-19.
- Disinfect the bathroom after each use and keep common areas well ventilated.
- Your child should avoid contact with pets and other animals.

WASH HANDS FREQUENTLY

- You and your child should clean your hands regularly.
- Use an alcohol-based hand rub solution or soap and water.
- Use a dedicated towel or a paper towel to dry your child's hands.

This is especially important: after touching your child or items and surfaces in the room, after blowing your child's nose, changing your child's diaper, and before and after touching your facemask.

PRACTICE RESPIRATORY HYGIENE

- When coughing or sneezing, always cover your mouth and nose with a tissue or your bent elbow.
- If you use a tissue, throw the used tissue in the garbage and wash your hands right away.
- Do not touch your child's face or your own with unwashed hands.

WEAR PROTECTIVE EQUIPMENT

- Fit your child with a facemask when around other people (such as in a room or vehicle or before entering a healthcare facility).
- If your child cannot wear a facemask, those living with your child should not stay in the same room or should wear a facemask when within 2 meters of your child.
- Wear gloves if you will be in contact with bodily fluids (such as when changing a diaper).
- Wash your hands after removing your gloves.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

- Your child's personal items should not be shared with other people.
- After your child has used these items, they should be washed.

CLEAN ALL "HIGH-TOUCH" SURFACES EVERYDAY

- Use a regular household cleaning spray or wipe to clean surfaces that are often touched, including the bathroom and areas contaminated with secretions and bodily fluids.

MONITOR YOUR CHILD'S SYMPTOMS

- Check your child's temperature with a thermometer at least once a day and write it down. Disinfect the thermometer after each use.
- Seek medical attention if your **child becomes sicker**.
- Before seeking care, if your child is not in distress, call *Info-Santé* at 8-1-1 and say that your child has, or is being evaluated for, COVID-19.
- Follow transportation recommendations if your child must visit a healthcare facility.

+ If this is a **medical emergency**, call 9-1-1, and tell the dispatch personnel that your child has, or is being evaluated for, COVID-19. Put a facemask on your child before the ambulance arrives.

ENDING HOME ISOLATION

Families with suspected COVID-19 should remain under home isolation until further notice.