

# Do's and don'ts for children with fever and cough during Covid 19 pandemic

## Some facts

- Only 9% of all cases in India are children.
- Is usually a mild disease. Reason being their repeated exposure to viral infections.

## What to do if your child has cough and fever?

1. Don't panic.
2. Not every cough and cold is Covid infection.
3. Follow cough etiquette.
4. Keep kids away from grandparents.

## When to consult?

1. If your child has come in contact with a patient of Covid 19 or anyone who is looking after one.
2. If your child has fever, cough and difficulty breathing.
3. If your child is breathing faster than usual or has heavy breathing.
4. Is restless or sluggish in activity.

## How to consult?

Consultation can be direct or telephonic/ through video conferencing (telemedicine).

If your child is below 3 months age then telemedicine is not advised.

Direct consultation -take prior appointment, wear masks.

For telemedicine- consult your regular physician.

## Advisory for physicians

### For telemedicine.

1. For telemedicine use proper equipments, not whatsapp.
2. Patient should be atleast older than 3 months age, known to you, alert and cooperative child.
3. Explain danger signs clearly.

### For direct consultation

1. Space consultations atleast 10 min apart.
2. Sanitise hands and stethoscope before and after every consultation.
3. Make separate area in opd for cough patient.
4. Disinfect with 1% hypochlorite solution.
5. Throat examination to be avoided.
6. Avoid Nebulisation and if needed give in separate enclosed space.
7. Avoid face-to-face contact with caregivers.
8. If possible, auscultate back of chest only.

### Asymptomatic contact of positive patient.

1. Keep in quarantine.
2. Preferably with mother.
3. Breast feeding to continue.
4. Keep away from grandparents.
5. No need for screen time.
6. Test with RT PCR after 5 days of exposure.
7. Give symptomatic treatment.

### Symptomatic contact of positive patient.

1. Use PPE.
2. Bilateral ground glass opacity in the lower lobes in CT chest is hallmark of COVID.
3. Treatment mainly supportive with less use of Non-Invasive Ventillation.
4. Stabilise the child before referring to proper centre.