

# A guide to COVID-19: what to do if your child tests positive

## Don't panic!

As we return to in-person learning and normal activities, we are seeing a rise in COVID-19 cases in children, particularly with the Omicron variant. But do not panic! The vast majority have tolerated the virus well and we are here to help you get through it!



## Organize yourself

Those who test positive at home do not need to come in to confirm the positive test! You should keep your child home and in quarantine based on the CDC guidelines. However, we do want to hear from you! Feel free to take a photo of the test results and upload/send it as a message to us in mychart.



Should you have any questions or concerns, you may schedule a virtual visit with your child's doctor. Parents of children with underlying medical issues such as asthma are encouraged to schedule a virtual visit.

## Symptomatic and supportive care

Like many other viruses, symptomatic and supportive care is key. Focus on managing your child's symptoms and keeping them comfortable. This may include:

- Steam from the shower or humidifier
- Use of nasal saline drops and electric Nose Frida or bulb syringe (if applicable)
- Tylenol or Ibuprofen (weight based dosage) as needed for fevers or discomfort  
*\*Ibuprofen is not indicated for infants under 6 months of age*
- Honey to coat the throat
- *\*Not indicated for infants under 12 months of age*
- Plenty of fluids and rest
- Close monitoring of your child's breathing and hydration



## Monitor for complications

As we always say, monitor for any new or worsening symptoms over the course of your child's illness and follow up with us as needed.

This includes monitoring for any rebound symptoms. Rebound symptoms would appear 2-6 weeks after the resolution of your child's initial symptoms.



## Red Flag Signs and Symptoms

- Labored breathing or shortness of breathing (including increased work of breathing, nasal flaring, retractions and/or tracheal tugging)
- Confusion or lethargy
- Dehydration (including dried or cracked lips, decreased tears or saliva, decreased urine output)
- Chest pain
- Prolonged fever

## MIS-C

MIS-C is a rare complication of COVID-19. Symptoms typically appear 2-6 weeks after the initial illness and include more than one of the following:

- High fever for multiple days
- Abdominal pain, nausea, vomiting or diarrhea
- Rash
- Swelling of the hands, feet and/or tongue
- Cough and/or breathing problems
- Red eyes or symptoms of conjunctivitis

*If you have any questions or concerns regarding your child's symptoms, please call our office.*

## Sports Clearance

The American Academy of Pediatrics advises that all adolescents (12 years and older) who test positive for COVID-19 obtain clearance to return before participating in any organized sports or any significant physical activity both in and outside of school.

Please call our office to schedule this appointment for your child. This needs to be an in-office visit (NOT virtual) and can be done on day 5 of symptom onset as long as symptoms are improving or have resolved.

