

WHAT TO OBSERVE IF YOUR CHILD HAS COVID-19?

If you observe any of the following signs in your child, please contact the nearest community assessment center (CAC) or bring your child to the nearest health facility designated to treat COVID-19 for further evaluation.

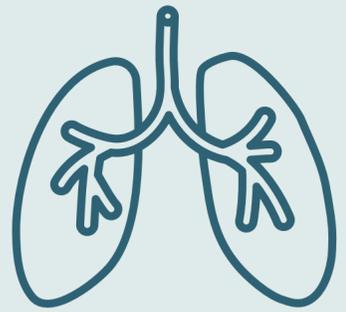
BODY TEMPERATURE

- Keep a thermometer at home.
- Check your child's temperature every 4 hours. Normal body temperature ranges between 36.5-37.5C
- If it is below 36.5C, it is a very important warning sign, particularly so in children aged 12 months & below. Seek help as soon as possible.
- If it is higher than 37.5, it is a sign of fever. Do not panic. Fever is a sign that indicates your child's body defence system is fighting against COVID-19 virus. It is a normal and an expected body response.
- So, when do you need to bring your child with fever to see a doctor?
 - If the fever has persisted longer than 3 days.
 - If the temperature is getting higher and higher.
 - If his/her limbs shiver or jerk involuntarily at any time.



BREATHING

- Count how many breaths your child takes in a minute.
 - For young infants, count the tummy movement.
 - For older children, count the chest movement.
- Normal breathing rate:
 - <12 months: <60 breaths/min
 - 2-12 months: <50 breaths/min
 - 1-5 years: <40 breaths/min
 - >5 years: <30 breaths/min



COUGH PATTERN

- COVID-19 affects the throat and airways. It is an expected sign.
- Seek help if:
 - Been coughing for more than 3 days.
 - The cough gets more often.
 - Each cough episode takes longer to stop.
 - The coughing sound has changed from dry to chesty.
 - When he/she complains of chest pain or chest tightness.



BLOOD OXYGEN LEVELS

- Keep a pulse oximeter at home.
- Check your child's blood oxygen level every 2-4 hours.
- The reading will not be accurate and reliable if the device does not fit well on your child's finger or large toe and slips out easily.
- If the indicator shows a reading of 95% or lower, it means that your child's blood oxygen level is low. Seek help immediately!



URINE VOLUME & COLOUR

- A normal child passes colourless or light-yellow urine once every 4-6 hours.
- Monitor the following carefully:
 - Urine colour (Darker than usual? Gets darker with time?)
 - Urine amount (Gets lesser with time? Napkin does not get as soaked as before? Napkin does not require change as often as before?)
- The above are signs of dehydration. Do not wait. Seek help as soon as possible.



VOMITING, DIARRRHEA AND NOT EATING/DRINKING AS USUAL

- When do you need to get worried if your child has vomited?
 - If more than twice within the past 6 hours.
 - Within 10 minutes after you have served him/her food or drinks.
 - If the vomitus is greenish or blood-stained.
 - No vomiting but looks very nauseated.
- Seek help if he/she develops watery stools more than 3 times/day.
- If your child is eating and drinking less than half of his/her usual amount in a day.



LOOKS TIRED, WEAK OR VERY SLEEPY

SEEK TREATMENT EARLY IF YOUR CHILD HAS ANY OF THESE SYMPTOMS!

HOW TO CARE FOR THE CHILD THAT HAS COVID-19?

Your child has been infected with Covid-19 and you are caring for him/her at home.
You may find this information useful...

What may happen to my child now that he/she has Covid-19?

- Most children have a mild illness. However, some children can get pretty sick.
- The symptoms that they may get include:
 - Fever
 - Cough
 - Symptoms of a cold such as sore throat, stuffy or runny nose
 - Chills
 - Body ache
 - Headache
 - Loss of taste &/or smell
 - Nausea or vomiting
 - Diarrhoea
 - Tiredness
- Most of these symptoms should resolve after 3 days although in some cases they may linger for up to a week.
- If these symptoms seem to get worse (refer to the warning signs), please get medical attention.



What should I do if my child is having fever?

- Do not panic.
- Fever is a sign that indicates your child's body defence system is fighting against COVID-19 virus. It is a normal and an expected body response.
- Make sure your child is resting and drinking more fluids
- You may give paracetamol to reduce the body temperature if the fever makes him/her feel rather uncomfortable. Otherwise, it is not necessary to give paracetamol round the clock as long as he or she appears fine and comfortable.
 - Use the paracetamol sparingly. It is not without side effects!
 - Follow the label directions or instruction from a healthcare professional.
 - Refer to the paracetamol dosing guide (see below).
 - Do not give a new dose any earlier than 4 hours after the previous one, and never more than 4 times in every 24 hours.
- Sponging is not recommended. It is ineffective and may make your child shiver instead.
- Anti-inflammation medication such as aspirin, ibuprofen (e.g. Brufen/Nurogen) or diclofenac (e.g. voltaren) is not recommended in young children.



What should I do if my child is having diarrhoea or vomiting?

- Help your child to drink more fluids
 - Give fluids in smaller amounts but more frequently.
 - If your child has vomiting symptom, give fluid in small sips with a tablespoon or syringe.
 - Do not try giving a large amount at a go; it will likely cause more vomiting.
 - Give either oral rehydration salt solution or rice/porridge water*
 - *Rice/porridge water is made by boiling 3 cups of water for every one cup of rice for at least 10-15 minutes. Strain out the water and let it cool before giving it to your child. Add some salt to taste (optional).
- If your child still refuses to drink, keep vomiting everything that you have given, or has not passed urine in the last 6 hours, please seek medical help



HOW TO CARE FOR THE CHILD THAT HAS COVID-19?

*Your child has been infected with Covid-19 and you are caring for him/her at home.
You may find this information useful...*

My child is having a seizure! What should I do?

- DON'T PANIC!
- Make sure your child is lying down at a safe location such as on the bed, sofa or even the floor.
- Put your child in a lateral (lying sideways) position
- Make sure the mouth and nose is not obstructed so they can breathe easily
- DO NOT PUT ANYTHING IN THE MOUTH (even if they are clenching their teeth)
- Loosen their clothing
- If the seizure has not stopped after 5 minutes, CALL 999



What should I do at home, to protect my other family members?

- Appoint one healthy family member to care for your sick child full time. Avoid having too many or changing carers too often.
- Keep your whole house, particularly the room he/she uses, well-ventilated. Open the doors and windows, switch on ceiling fans and turn off air-conditioners. If you use a standing fan, direct the fan blowing out of the window or door, and not at anyone.
- Segregate him/her from other uninfected siblings and adults.
- Keep him/her isolated in a designated room with an attached bathroom, where possible.
- Everyone in the house must always put on a mask and wash their hands often. Have your child wear a facemask or cloth face covering that covers his/her nose and mouth whenever there is someone, including you, around.
- Clean commonly touched objects including door handles, toilets and faucets, and electronic devices (phones, computers). Use a regular household cleaner or make your own disinfectant (Mix 1 part bleach to 9 parts water). Bathrooms should be cleaned frequently. Cover the toilet bowl with its lid before flushing to prevent the spread of the virus.
- Do not share household items with anyone with suspected or confirmed COVID-19. All used household items, such as bedding and towels, should be cleaned thoroughly after use.



How long do we need to stay at home and away from others?

- Delta variant is airborne and highly contagious. When a person in a family has been infected, the chance for the members living in the same household to have COVID19 can be as high as 80-100%. When infected by the Delta variant virus, unvaccinated individuals can release the COVID19 virus through their breaths for at least 21 days.
- You must isolate yourself from other family members who do not live together with you, friends, and colleagues for at least 21 days.
- Use a delivery service for groceries and food. You may ask friends or family members to help too. Have them leave the supplies outside to avoid direct human contact.
- Do not leave your house. Do not allow anyone to visit you during the isolation period.



HOW TO CARE FOR THE CHILD THAT HAS COVID-19?

Your child has been infected with Covid-19 and you are caring for him/her at home.
You may find this information useful...

Recommended Paracetamol (Panadol) Syrup Dosages for Children

There are two strengths of paracetamol syrup available in the market. One contains 120mg/5ml while another contains 250mg/ml. Please check the strength of the syrup carefully before you serve the medication to your child. Consult a doctor before giving paracetamol to babies less than 3 months old.

Important!

- Do not give your child more than 4 doses of paracetamol in 24 hours. Wait at least 4 hours between doses.
- Follow the label directions or instructions from a healthcare professional.
- Refer to the paracetamol dosing guide and consult a doctor before giving paracetamol to babies less than 3 months old.

Recommended dosage of Paracetamol syrup (strength 120mg/5ml) according to age and weight		
Age & Weight	Dosage	Frequency
3 to 6 months (3-6 kg)	2.5 – 3.5ml	Max 4 times in 24 hours
6 to 24 months (6 – 12kg)	5 – 7.5ml	Max 4 times in 24 hours
2 to 4 years (12-16kg)	7.5ml – 10ml	Max 4 times in 24 hours
4 to 6 years (16-20kg)	10-12.5ml	Max 4 times in 24 hours
6 to 8 years (20-25kg)	12.5-15ml	Max 4 times in 24 hours
8 years-10 years (25-30kg)	15ml – 17.5ml	Max 4 times in 24 hours
>10 years (>30kg)	17.5ml – 20ml	Max 4 times in 24 hours

Recommended dosage of Paracetamol syrup (strength 250mg/5ml) according to age and weight		
Age & Weight	Dosage	Frequency
3 to 6 months (3-6 kg)	1 – 2ml	Max 4 times in 24 hours
6 to 24 months (6-12kg)	2m- 3.5ml	Max 4 times in 24 hours
2 to 4 years (12-16kg)	3.5 – 5 ml	Max 4 times in 24 hours
4 to 6 years (16-20kg)	5 - 6ml	Max 4 times in 24 hours
6 to 8 years (20-25kg)	6 – 7.5ml	Max 4 times in 24 hours
8 to 10 years (25-30kg)	7.5- 9ml	Max 4 times in 24 hours
>10 years (>30kg)	10ml	Max 4 times in 24 hours

Tablet dosages for children

Tablets usually come in the strength of 500mg per tablet. For lower doses, you may cut the tablet to give your child a smaller amount.

Recommended dosage of Paracetamol tablet (for children 6-16 years) according to age and weight		
Age & Weight	Dosage	Frequency
6 to 8 years (20-25kg)	250mg	Max 4 times in 24 hours
8 to 10 years (25-30kg)	375mg	Max 4 times in 24 hours
10 to 12 years (30-40kg)	500mg	Max 4 times in 24 hours
12 to 16 years (40-50kg)	750mg	Max 4 times in 24 hours