Children who have mild COVID-19 symptoms are able to stay at home with a caregiver throughout their recovery without needing hospitalization.

If you are caring for a child who has or may have COVID-19, it is important to follow the steps below to protect yourself and others in the home, as well as those in your community.

**Monitor your child for symptoms**
- Monitor your child’s symptoms as directed by your healthcare provider or Public Health Authority.
- If your child develops severe symptoms, call 911 or your local emergency number.
- If calling an ambulance, tell the dispatcher that the child has/may have COVID-19. If going to the hospital in a private vehicle, call ahead to the hospital and let them know that the child has/may have COVID-19.

**Keep hands clean**
- **Wash your hands** and those of your child **often** with soap and water for at least 20 seconds, especially after any type of contact with the child (e.g. changing diapers) and after removing gloves.
- If soap and water are not available and if your hands do not look dirty, use an alcohol-based sanitizer (ABHS) that contains at least 60% alcohol. If hands look dirty, remove dirt with a wet wipe first, then use ABHS.
- Dry hands with disposable paper towels.
- If not available, use a reusable towel and replace it when it becomes wet. Do not share.
- Avoid touching your eyes, nose and mouth with unwashed hands and encourage your child not to touch their face, either.
**AVOID SPREADING INFECTION TO OTHERS**

- Your child should remain in your home or in a monitored outdoor space, should not play with friends or go to school or to public areas, and should not be within 2 metres of others if possible.
- Encourage the child to use tissues or cough/sneeze into their elbow to decrease the spread of respiratory droplets.
- Do not share personal items with the child, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Do not share food and drinks.
- Use a separate bathroom from the child if possible. If not possible, put the toilet lid down before flushing.
- **For breastfeeding mothers:** given the health benefits to your child from breastfeeding, it is recommended that you continue breastfeeding:
  - If you are feeding with formula or expressed milk, sterilize the equipment carefully before each use and do not share bottles or a breast pump.
- Prevent contact with animals, as there have been several reports of people transmitting COVID-19 to their pets.

**KEEP YOUR ENVIRONMENT CLEAN**

- When approved hard surface disinfectants are not available, for household disinfection, a diluted bleach solution can be prepared in accordance with the instructions on the label, or in a ratio of 5 millilitres (mL) of bleach per 250 mL of water OR 20 mL of bleach per litre of water. This ratio is based on bleach containing 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Follow instructions for **proper handling of household (chlorine) bleach**.
- If they can withstand the use of liquids for disinfection, high-touch electronic devices (e.g. keyboards, touch screens) may be disinfected with 70% alcohol at least daily.
- Wearing a face mask, including a non-medical mask or facial covering, may trap respiratory droplets and stop them from contaminating surfaces - but wearing a mask does not reduce the need for cleaning.

**PROTECT YOURSELF**

- Only one healthy person should provide care for the child, but everyone in your home should follow this guidance.
- People who are at higher risk of serious illness from COVID-19 should not care for a child with COVID-19. These include elderly persons, those with chronic medical conditions (e.g. heart disease, diabetes) or compromised immune systems.
- Some people may transmit COVID-19 even though they do not show any symptoms. If you need to be within 2 metres of the child, wear disposable gloves, eye protection and a medical mask, if available. If not available, wear a **non-medical mask or face covering**, made with at least two layers of tightly woven fabric, **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops.

**MONITOR YOURSELF FOR SYMPTOMS**

- Monitor yourself for symptoms and follow any advice provided by your local public health authority about **quarantine (self-isolating)**.
- If you develop even mild symptoms, **isolate** yourself as quickly as possible and contact your local Public Health Authority for further instructions.
MAINTAIN THESE SUPPLIES

☐ Medical masks, if available and tolerable, for the child and the caregiver. If not available, use a non-medical mask or face covering.

☐ Eye protection (face shield or goggles) for use by caregiver.

☐ Disposable gloves (do not re-use) for use by caregiver.

☐ Disposable paper towels.

☐ Tissues.

☐ Waste container with plastic liner.

☐ Thermometer.

☐ Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen).

☐ Running water.

☐ Hand soap.

☐ Alcohol-based hand sanitizer containing at least 60% alcohol.

☐ Dish soap.

☐ Regular laundry soap.

☐ Regular household cleaning products.

☐ One-step cleaner/disinfectant.

☐ Hard-surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution.

☐ Alcohol prep wipes or appropriate cleaning products for high-touch electronics.

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, visit Canada.ca/coronavirus or contact 1-833-784-4397.