



COVID-19

Caring for symptoms at home

Last updated July 31, 2020

Stay home to stop the spread of COVID-19

Coronavirus, or COVID-19, is an illness with symptoms that are similar to the common cold or flu, including fever, cough and difficulty breathing. Most people fully recover without testing or medical intervention.

The Centers for Disease Control recommend that children with symptoms of COVID-19 stay home – away from public spaces – to stop the spread of the illness. If you think medical care is needed, please call your primary care clinic first, before traveling to the emergency room or clinic.

What can I expect after my child is tested for COVID-19 at Children's Minnesota?

Samples collected for COVID-19 are either tested at Children's Minnesota or sent to the lab at the Mayo Clinic for testing, depending on where your child was seen. Testing done at Children's Minnesota is limited to patients who will be admitted and patients who will undergo certain procedures. Test results are usually available within two hours. Testing sent to the Mayo Clinic is for patients who may have symptoms but are well enough to return home after being seen by a medical provider and for patients who have certain scheduled procedures. These test results are usually available in a few days. Test results will be sent to your online patient portal. Children's Minnesota will call if there's a positive result to discuss your child's care.

Caring for your child at home is the same, whether they were tested or not.

How can I help my child recover at home?

- Get plenty of rest and stay hydrated.
- Wash your hands often with soap and water, for at least 20 seconds.
- Separate yourself from others in your home as much as possible.
- Cover all coughs and sneezes. Dispose of used tissues in a lined trash can.
- Avoid sharing dishes, cups, towels and bedding with others in your home.
- Clean and disinfect all "high-touch" surfaces thoroughly every day.
- Wear a face mask if you must be in the same room with others.



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Caring for symptoms at home, cont.

What if my child's symptoms get worse?

If your child has increased shortness of breath or difficulty breathing, please call their primary care provider at the clinic where your child receives care. If your child needs emergency care, call 911 and let them know they are being tested for COVID-19.

When can my child stop home isolation?

Children with symptoms of COVID-19 and children with a positive test result for COVID-19 can leave home once the following three conditions have been met:

- 10 days or more have passed since symptoms first appeared
- Symptoms have improved
- 24 hours or more have passed with no fever and no fever-reducing medications

What are the guidelines for high-risk children?

Children with underlying health conditions that put them at a higher risk for severe illness from COVID-19 should avoid exposure by staying home and avoiding public gatherings and travel.

Questions?

This information is not specific to your child but provides general information. If you have questions, call MDH at 651-201-5414 or visit www.health.state.mn.us.

To find your clinic location, visit www.ChildrensMN.org.