Novel coronavirus (COVID-19) Exposure Guidelines for Children

For parents or families concerned about possible COVID-19 exposure in children

How do I know if my child was exposed?
A person generally needs to be in close contact with a sick person to get infected.

Close contact includes:
• Living in the same household as a sick person with COVID-19
• Caring for a sick person with COVID-19
• Being within 6 feet of a sick person with COVID-19 for about 10 minutes, OR being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

If your child has no symptoms of respiratory illness...
• Keep your child at home for 14 days
• Your child may leave the home for short intervals (walk in the neighborhood/park), but
• Avoid contact with other individuals (i.e., playgrounds); and
• Continue implementing the Best Practices listed above.

If your child is showing symptoms of respiratory illness...
• Begin home quarantining your child for at least 14 days AND until child has no symptoms for 72 hours;
• Call Children’s Hospital New Orleans Virtual Care line at 504-837-7760 for further guidance. It may be necessary to test your child for COVID-19.
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Do I Need to Get My Child Tested for COVID-19?

Note: As of March 17, COVID-19 testing is not widely available in our community.

Most children do not need to be tested. Testing is recommended if your child is displaying symptoms of respiratory illness AND has had a known close contact exposure to someone with COVID-19.

Call 504-837-7760 for expert guidance from a Children’s Hospital New Orleans Healthcare professional. Our team is available Monday through Friday (8 am - 10 pm) and Saturday and Sunday (10 am - 6 pm).

COVID-19 in Children

There is no evidence that children are more susceptible to COVID-19. While information is currently limited, there is evidence that children without chronic health problems have a mild and limited course of disease. In fact, most confirmed cases of COVID-19 reported from China have occurred in adults. There is an ongoing investigation to determine more about this outbreak in children. Updates from the CDC specifically from pregnant women and children can be found on the CDC’s website, cdc.gov/coronavirus.