Novel coronavirus (COVID-19) resources for parents & families

Children’s Hospital New Orleans resources for parents & families

**Best Practices to Keep Your Children Healthy:**

- **Hand Hygiene:** Frequent Handwashing with Soap and Water or hand sanitizer; Avoid Touching Your Face or Eyes

- **Social Distancing:** Avoid public spaces like playgrounds, restaurants, churches, and movie theatres; Maintain 3-6 feet of distance from others; Avoid shaking or touching hands

- **Around the Home:** Clean Frequently Touched Surfaces (counters, bathroom sinks, doorknobs, etc.)

**For Children with Symptoms of Respiratory Illness:**

**What are signs and symptoms of respiratory illness?**

- Fever of 100.4 F or higher
- Cough
- Shortness of Breath
- Muscle Aches
- Sore Throat

**What should I do if my child is showing these signs and symptoms?**

- Home quarantine your child (do not leave the house or yard) until they show no symptoms for 72 hours;
- Avoid close contact with high-risk populations (people 60 years or older or anyone with chronic diseases or respiratory illness);
- Continue implementing the *Best Practices* listed above; and
- Contact your regular Children’s Hospital primary care healthcare provider with concerns

[Image of hands washing with soap and water]
For Children with COVID-19 Exposure: (Children who live with, have had physical contact with, or who have been exposed to secretions of someone who has tested positive for COVID-19)

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.

Note: As of March 15th, COVID-19 testing is not widely available in our community.

Do I Need to Get My Child Tested for COVID-19?
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.

Who Can I Call with Questions?
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).