



Discharge Instructions: Novel Coronavirus (COVID-19)

Your child **has been diagnosed with COVID-19**, a viral syndrome which may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, vomiting or diarrhea. Most people with COVID-19 have mild symptoms and recover on their own. Resting, staying hydrated and sleeping are typically helpful. Your child is currently well enough to be cared for at home with fluids, medicines for fever, pain, etc.

If your child becomes sicker, like having difficulty breathing, chest pain, being unable to eat or drink, having severe vomiting or diarrhea, or weakness, your child should be re-evaluated. Before visiting your doctor or the emergency department, call ahead to report your child's symptoms and let them know your child has been diagnosed with COVID-19.

All household members should follow the precautions below:

- As advised by the Centers for Disease Control and Prevention (CDC), stay in your home (home isolation) except for getting needed medical care. Limit contact with others to avoid spreading this infection. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis. Do not have visitors come to your home.
- As much as possible, your child should stay in a specific room and away from other people in your home. Also, your child should use a separate bathroom, if available, or clean bathroom surfaces after use with household cleaner.
- Elderly people and those with compromised immune systems or chronic health conditions who live in the home should stay elsewhere, if possible.
- Do not handle pets or other animals while sick.
- Avoid sharing personal household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean all "high-touch" surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables every day. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.
- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, clean hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can; immediately wash or clean your hands. (as described above).



When to STOP home isolation/quarantine:

Since your child had a COVID-19 test and it is positive, you may stop home isolation/quarantine when the following are met:

- 10 days after the first day symptoms appeared
AND
- 3 days after your child has had no fever (without the use of fever-reducing medications) and improvement in other symptoms (e.g. cough, sore throat),

Please see the following CDC resources for more information:

- General information: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- Caring for yourself at home: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>
- Information for household members and caregivers of someone who is sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Children's National Hospital Coronavirus Hotline: 202-476-5169