

# Your child has tested positive for the COVID-19 virus

## Facts you need to know

COVID-19 is a disease caused by a new strain of coronavirus. Symptoms can include fever, cough and shortness of breath. These symptoms are similar to influenza or the common cold which is why testing was needed to confirm your child has COVID-19.

Most children will have a mild illness and can be cared for at home. Sometimes however COVID-19 infection can cause pneumonia or problems breathing.

If you are concerned that your child is becoming more unwell then act early. You should phone for medical advice urgently if your child:

- is drinking less than half of their normal breastmilk or other fluid
- is having fewer than 4 wet nappies in 24 hours
- is severely irritable and is not wanting to be held
- has trouble breathing, has noisy breathing or is breathing fast
- looks unwell and you are concerned
- has tummy pain, vomiting or diarrhoea and seems sicker than you would expect
- doesn't seem to be improving

**If it is an emergency dial 111.**

If it is not an emergency, phone Healthline for free 24/7 on 0800 358 5453, or phone your doctor.

**IMPORTANT: tell the person you contact that your child has tested positive for COVID-19. Do not just turn up to a healthcare facility with your child – phone ahead to let them know. This will allow healthcare workers to avoid spreading the virus to anyone else.**

# Reduce the spread of COVID-19

The virus is spread to other people through direct contact with respiratory droplets from an infected person (from coughing and sneezing). People can also be infected from touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth).

## **You can reduce the spread of COVID-19 virus by:**

1. Staying in self-isolation with the people you live with
2. For older children, covering mouth and nose with bent elbow or tissue when coughing or sneezing, then throwing out the used tissue immediately
3. Washing hands often with soap and water
4. Avoid sharing cups or food with your child
5. Cleaning and disinfect surfaces and objects such as doorknobs that get touched often.

**IMPORTANT: stay at home while your child is sick – your household should be in self-isolation and you should not be allowing visitors (including other family members who do not live with you) into your home from other households.**

You should be registered with Healthline so they can give you the information you need about self-isolation – phone 0800 358 5453 24 hours a day, 7 days a week. This number is also for coronavirus health advice.

**IMPORTANT: phone and advise any healthcare workers who visit your home that your child has tested positive for COVID-19 in advance so that they can avoid spreading the virus.**