

Caregiver Information

Supporting you as you care for your child



What do we expect:

It is very common to see: Congestion, stuffy or runny nose, coughing, fever, occasional vomiting or diarrhea, mild fussiness, less activity. *Most children with a virus infection, including COVID-19, get better on their own after a few days.*



What you can do at home:

Use medicine like acetaminophen or ibuprofen to help your child be more comfortable. Make sure they are drinking enough fluids.



When to worry:



Breathing

Gasping for air, unable to catch their breath, working to breath, breathing faster, heavy breathing

Drinking

Dry lips and mouth, not urinating (peeing), refusing to drink, unable to stop vomiting

Behaving

Disoriented, confused, persistently fussy/irritable, unable to wake up, seizures/convulsions, fainting

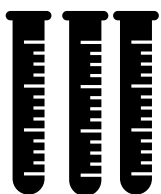
Other concerns

Pale/grey/blue skin or lips, chest pain, fever in baby <3mo old, any fever for 5+ days, worsening symptoms

GET HELP

- Call Telehealth 1-866-797-0000
- Call your Primary-Care team
- Go to an urgent care centre
- Go to an Emergency Department
- Call 911

*****If you think your child looks very sick call 911*****



More information:

COVID results: covid19results.ehealthontario.ca:4443/agree
Public Health information: www.publichealthontario.ca
OMA school attestation form

