

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.*



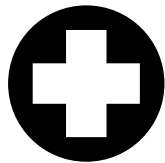
What you can do at home:

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



Have questions:

Contact your Primary Care Provider or Telehealth Ontario: 1-866-797-0000



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

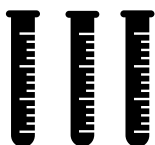
Pale/grey/blue skin or lips, chest pain, fever in baby <3mo old, any fever for 5+ days, worsening symptoms

GET

HELP

- 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

