

Coronavirus (2019-nCoV) Exposure

Pediatric After-Hours Version - Standard - 2020

DEFINITION

- Exposure to a person who is a suspect (PUI) or confirmed case of novel coronavirus (2019-nCoV)
- PUI means patient under investigation for novel coronavirus infection
- Note: The term coronavirus used throughout this guideline only refers to the novel or new coronavirus (2019-nCoV). It does not refer to the common coronavirus that causes the common cold.
- Travel to an area with recent local transmission of coronavirus increases the risk of exposure
- Living in an area with recent local transmission of coronavirus increases the risk of exposure
- Questions about coronavirus

EXPOSURE (Close Contact) to Novel Coronavirus Definition:

- **HOUSEHOLD CLOSE CONTACT:** Living in the same house (household contacts) with a person with confirmed, probable, or suspected coronavirus.
- **OTHER CLOSE CONTACT** (within 6 feet, 2 meters; touching distance) with a person with confirmed, probable, or suspected coronavirus. Examples of such close contact include kissing or hugging, sharing eating or drinking utensils, carpooling, close conversation, performing a physical examination (relevant to health care providers), and any other direct contact with respiratory secretions of a person with coronavirus.

The following are **not** considered close contact exposures:

- Living in a city or town where there are one or more confirmed cases of novel coronavirus, although increases the risk of exposure
- Being in the same school, church, workplace or building as a person with coronavirus. Exception: close contact with symptomatic person, such as sitting next to them.
- Walking by a person who has novel coronavirus

INITIAL ASSESSMENT QUESTIONS

1. **CONFIRMED CASE:** "Who is the person with confirmed novel coronavirus infection that your child was exposed to?"
2. **PLACE of CONTACT:** "Where was your child when they were exposed to the patient?" (e.g., city, state, country)
3. **TYPE of CONTACT:** "How much contact was there?" (e.g., live in same house, same school)
4. **DATE of CONTACT:** "When did your child have contact with a coronavirus patient?" (e.g., days)
5. **TRAVEL:** "Have you and your child traveled to China?" If so, "When and where?"
6. **SYMPTOMS:** "Does your child have any symptoms?" (e.g., fever, cough, breathing difficulty)
7. **RESPIRATORY STATUS:** "Describe your child's breathing. What does it sound like?" (e.g., wheezing, stridor, grunting, weak cry, unable to speak, retractions, rapid rate, cyanosis)
8. **FEVER:** "Does your child have a fever?" If so, ask: "What is it, how was it measured, and when did it start?"
9. **CHILD'S APPEARANCE:** "How sick is your child acting?" "What is he doing right now?" If asleep, ask: "How was he acting before he went to sleep?"

- Author's note: IAQ's are intended for training purposes and not meant to be required on every call.

TRIAGE ASSESSMENT QUESTIONS

Call EMS 911 Now

Severe difficulty breathing (e.g., struggling for each breath, can only speak in single words, bluish lips)

R/O: severe respiratory distress

- 1 **Call EMS 911 Now:** Your child needs immediate medical attention. You need to hang up and call 911 (or an ambulance). (Triager Discretion: I'll call you back in a few minutes to be sure you were able to reach them.)
- 2 **Tell the Ambulance Dispatcher about Novel Coronavirus Exposure:**
 - When you call 911, tell the dispatcher that your child may have been exposed to novel coronavirus.
- 3 **Tell Ambulance Medics about Novel Coronavirus Exposure:**
 - Tell the paramedic right away that your child may have been exposed to novel coronavirus.
 - Paramedics should call ahead to the ED to let them know about possible exposure.
- 4 **Announce Possible Novel Coronavirus Exposure on Arrival in ED:**
 - Tell the first hospital worker you meet that your child may have been exposed to novel coronavirus.
- 5 **Cover Your Mouth and Nose, Wear a Mask:**
 - Cover your child's mouth and nose loosely with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash cloth.
 - Ask for a mask to wear over your child's mouth and nose.
- 6 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

Sounds like a life-threatening emergency to the triager

- 1 **Call EMS 911 Now:** Your child needs immediate medical attention. You need to hang up and call 911 (or an ambulance). (Triager Discretion: I'll call you back in a few minutes to be sure you were able to reach them.)
- 2 **Tell the Ambulance Dispatcher about Novel Coronavirus Exposure:**
 - When you call 911, tell the dispatcher that your child may have been exposed to novel coronavirus.
- 3 **Tell Ambulance Medics about Novel Coronavirus Exposure:**
 - Tell the paramedic right away that your child may have been exposed to novel coronavirus.
 - Paramedics should call ahead to the ED to let them know about possible exposure.
- 4 **Announce Possible Novel Coronavirus Exposure on Arrival in ED:**
 - Tell the first hospital worker you meet that your child may have been exposed to novel coronavirus.
- 5 **Cover Your Mouth and Nose, Wear a Mask:**
 - Cover your child's mouth and nose loosely with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash cloth.
 - Ask for a mask to wear over your child's mouth and nose.
- 6 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

See More Appropriate Guideline

[1] Difficulty breathing (or shortness of breath) occurs AND [2] > 14 days after novel CORONAVIRUS exposure (Close Contact)

Go to Guideline: Breathing Difficulty Severe (Pediatric)

[1] Cough occurs AND [2] > 14 days after novel CORONAVIRUS exposure

Go to Guideline: Cough (Pediatric)

[1] Common cold symptoms AND [2] > 14 days after novel CORONAVIRUS exposure

Go to Guideline: Colds (Pediatric)

Go to ED Now

[1] Any difficulty breathing occurs AND [2] within 14 days of novel CORONAVIRUS exposure to confirmed case or PUI (person under investigation)

R/O: Coronavirus pneumonia

- 1 **Go To ED Now:** Your child needs to be seen in the Emergency Department immediately. Go to the ED at _____ Hospital. Leave now. Drive carefully.
- 2 **Note to Triager - Emergency Department Referral is Recommended:**
 - If the patient is located currently in a country where Emergency Departments (ED) are available, then referral to the nearest ED is recommended.
 - Reason: The ED will be most prepared for taking care of such a patient. The ED will be most prepared for using correct infection control procedures and personal protective equipment (PPE).
- 4 **You should Go to the Emergency Department (ED):**
 - You will need to go to a nearby ED.
 - Do not leave until I've called and talked with the ED. The ED may have special instructions on how best to get you there. I will call you back (or place you on hold).
 - The ED is the best place to get testing and treatment.
 - The ED is most prepared to prevent the spread of this infection to others.
- 5 **Note to Triager - Triage Nurse Should Notify Emergency Department (ED):**
 - The triager should call ahead to the ED and inform them of patient's symptoms and suspected diagnosis of novel coronavirus.
 - Obtain and document the patient / caller's mobile phone number. Either keep the patient on hold or call the patient back with instructions.
 - Reason: So ED can make plans to prevent novel coronavirus spread to others in the hospital.
- 6 **Announce Possible Novel Coronavirus Exposure on Arrival in ED:**
 - Tell the first hospital worker you meet that your child may have been exposed to novel coronavirus.
- 7 **Cover Your Mouth and Nose, Wear a Mask:**
 - Cover your child's mouth and nose loosely with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash cloth.
 - Ask for a mask to wear over your child's mouth and nose.
- 8 **Wash Your Hands with Soap and Water:**
 - Wash your hands and face frequently with soap and water.
- 9 **Call Back If:**
 - Your child becomes worse
- 10 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

Go to ED Now (or PCP triage)

Child sounds very sick or weak to the triager

Reason: severe acute illness or serious complication suspected

- 1 **Go To ED Now (or PCP Triage):**
 - **If No PCP (Primary Care Provider) Second-Level Triage:** Your child needs to be seen within the next hour. Go to the ED/UCC at _____ Hospital. Leave as soon as you can.
 - **If PCP Second-Level Triage Required:** Your child may need to be seen. Your doctor (or NP/PA) will want to talk with you to decide what's best. I'll page the on-call provider now. If you haven't heard from the provider (or me) within 30 minutes, go directly to the ED/UCC at _____ Hospital.
- 2 **Note to Triager - Emergency Department Referral is Recommended:**
 - If the patient is located currently in a country where Emergency Departments (ED) are available, then referral to the nearest ED is recommended.
 - Reason: The ED will be most prepared for taking care of such a patient. The ED will be most prepared for using correct infection control procedures and personal protective equipment (PPE).
- 4 **You should Go to the Emergency Department (ED):**
 - You will need to go to a nearby ED.
 - Do not leave until I've called and talked with the ED. The ED may have special instructions on how best to get you there. I will call you back (or place you on hold).
 - The ED is the best place to get testing and treatment.
 - The ED is most prepared to prevent the spread of this infection to others.

- 5 **Note to Triager - Triage Nurse Should Notify Emergency Department (ED):**
 - The triager should call ahead to the ED and inform them of patient's symptoms and suspected diagnosis of novel coronavirus.
 - Obtain and document the patient / caller's mobile phone number. Either keep the patient on hold or call the patient back with instructions.
 - Reason: So ED can make plans to prevent novel coronavirus spread to others in the hospital.
- 6 **Announce Possible Novel Coronavirus Exposure on Arrival in ED:**
 - Tell the first hospital worker you meet that your child may have been exposed to novel coronavirus.
- 7 **Cover Your Mouth and Nose, Wear a Mask:**
 - Cover your child's mouth and nose loosely with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash cloth.
 - Ask for a mask to wear over your child's mouth and nose.
- 8 **Wash Your Hands with Soap and Water:**
 - Wash your hands and face frequently with soap and water.
- 9 **Call Back If:**
 - Your child becomes worse
- 10 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

See PCP within 24 Hours

[1] Fever > 100.4 F (38.0 C) occurs AND [2] within 14 days of novel CORONAVIRUS exposure to confirmed case or PUI

R/O: Coronavirus infection

- 1 **See PCP Within 24 Hours:**
 - **If Office Will Be Open:** Your child needs to be examined within the next 24 hours. Call your child's doctor (or NP/PA) when the office opens, and make an appointment.
 - **If Office Will Be Closed and No PCP (Primary Care Provider) Second-Level Triage:** Your child needs to be examined within the next 24 hours. A clinic or urgent care center is often a good source of care if your doctor's office is closed or you can't get an appointment.
 - **If Office Will Be Closed and PCP Second-Level Triage Required:** Your child may need to be seen within the next 24 hours. Your doctor (or NP/PA) will want to talk with you to decide what's best. I'll page the on-call provider now.
 - Note:** Between 10 pm and 7 am, hold the page since this isn't serious. Page the on-call provider in the morning.
 - **If Patient Has No PCP:** Refer patient to a clinic or urgent care center. Also try to help caller find a PCP (medical home) for their child.
- 2 **Note to Triager - Medical Evaluation and Novel Coronavirus Testing:**
 - The local health department should be contacted to help facilitate patient evaluation and possible testing for novel coronavirus infection.
 - Currently, novel coronavirus testing is only available at the CDC and this must be coordinated with local public health. The best source of care will depend on your local health system and community resources. Use your nursing judgment and knowledge of current PHD recommendations.
 - A health care provider may do a throat or nose swab to test for novel coronavirus, as well as blood testing.
- 3 **Important - Caller Should Phone Ahead:**
 - Call ahead to your child's doctor's office (or urgent care center or ED). Let the doctor know that your child may have been exposed to novel coronavirus and that they are now having symptoms (e.g., fever, cough).
 - You **MUST** do this so that the healthcare workers can make plans to prevent spread of novel coronavirus to others.
 - If referring in to an UCC or ED, give the caller the number so they can call ahead.
- 4 **Announce Possible Novel Coronavirus Exposure on Arrival:**
 - Tell the first healthcare worker you meet that your child may have been exposed to novel coronavirus.
 - Tell them your child has symptoms and have been referred for coronavirus testing.
- 5 **Isolation Is Needed:**
 - Isolate your child at home.
 - Do **Not** allow any visitors.
 - Do **Not** go to school or work.
 - Do **Not** go to church, child care centers, shopping, or other public places.
 - Avoid close contact with others (hugging, kissing).

- 6 **Cover Your Mouth and Nose, Wear a Mask:**
 - Cover your child's mouth and nose loosely with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash cloth.
 - Ask for a mask to wear over your child's mouth and nose.
- 7 **Wash Your Hands with Soap and Water:**
 - Wash your hands and face frequently with soap and water.
- 8 **Fever Medicine and Treatment:**
 - For fever above 102 F (39 C) or child uncomfortable, give acetaminophen every 4 hours **Or** ibuprofen every 6 hours (See Dosage table).
 - **For All Fevers:** Give cool fluids in unlimited amounts (Exception: less than 6 months old.) Dress in 1 layer of clothing, unless shivering. Caution: If a baby under 1 year has a fever, never overdress or bundle up. Reason: Babies can get over-heated more easily than older children. For fevers 100-102 F (37.8 to 39 C), this is the only treatment needed. Fever medicines are unnecessary. Exception: if you feel your child also has pain, treat it.
- 9 **Call Back If:**
 - Breathing difficulty occurs
 - Your child becomes worse
- 10 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

[1] Cough occurs AND [2] within 14 days of novel CORONAVIRUS exposure to confirmed case or PUI

R/O: Coronavirus infection

- 1 **See PCP Within 24 Hours:**
 - **If Office Will Be Open:** Your child needs to be examined within the next 24 hours. Call your child's doctor (or NP/PA) when the office opens, and make an appointment.
 - **If Office Will Be Closed and No PCP (Primary Care Provider) Second-Level Triage:** Your child needs to be examined within the next 24 hours. A clinic or urgent care center is often a good source of care if your doctor's office is closed or you can't get an appointment.
 - **If Office Will Be Closed and PCP Second-Level Triage Required:** Your child may need to be seen within the next 24 hours. Your doctor (or NP/PA) will want to talk with you to decide what's best. I'll page the on-call provider now.
 - Note:** Between 10 pm and 7 am, hold the page since this isn't serious. Page the on-call provider in the morning.
 - **If Patient Has No PCP:** Refer patient to a clinic or urgent care center. Also try to help caller find a PCP (medical home) for their child.
- 2 **Note to Triager - Medical Evaluation and Novel Coronavirus Testing:**
 - The local health department should be contacted to help facilitate patient evaluation and possible testing for novel coronavirus infection.
 - Currently, novel coronavirus testing is only available at the CDC and this must be coordinated with local public health. The best source of care will depend on your local health system and community resources. Use your nursing judgment and knowledge of current PHD recommendations.
 - A health care provider may do a throat or nose swab to test for novel coronavirus, as well as blood testing.
- 3 **Important - Caller Should Phone Ahead:**
 - Call ahead to your child's doctor's office (or urgent care center or ED). Let the doctor know that your child may have been exposed to novel coronavirus and that they are now having symptoms (e.g., fever, cough).
 - You **MUST** do this so that the healthcare workers can make plans to prevent spread of novel coronavirus to others.
 - If referring in to an UCC or ED, give the caller the number so they can call ahead.
- 4 **Announce Possible Novel Coronavirus Exposure on Arrival:**
 - Tell the first healthcare worker you meet that your child may have been exposed to novel coronavirus.
 - Tell them your child has symptoms and have been referred for coronavirus testing.
- 5 **Isolation Is Needed:**
 - Isolate your child at home.
 - Do **Not** allow any visitors.
 - Do **Not** go to school or work.
 - Do **Not** go to church, child care centers, shopping, or other public places.
 - Avoid close contact with others (hugging, kissing).
- 6 **Cover Your Mouth and Nose, Wear a Mask:**
 - Cover your child's mouth and nose loosely with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash cloth.
 - Ask for a mask to wear over your child's mouth and nose.
- 7 **Wash Your Hands with Soap and Water:**
 - Wash your hands and face frequently with soap and water.

8 **Homemade Cough Medicine:**

- **Age:** 3 Months to 1 year:
- Give warm clear fluids (e.g., apple juice or lemonade) to thin the mucus and relax the airway. Dosage: 1-3 teaspoons (5-15 ml) four times per day.
- Note to Triager: Option to be discussed only if caller complains that nothing else helps: Give a small amount of corn syrup. Dosage: 1/4 teaspoon (1 ml). Can give up to 4 times a day when coughing. Caution: Avoid honey until 1 year old (Reason: risk for botulism).
- **Age** 1 year and older: Use **Honey** 1/2 to 1 tsp (2 to 5 ml) as needed as a homemade cough medicine. It can thin the secretions and loosen the cough. (If not available, can use corn syrup.) OTC cough syrups containing honey are also available. They are not more effective than plain honey and cost much more per dose.
- **Age** 6 years and older: Use **Cough Drops** (throat drops) to decrease the tickle in the throat. If not available, can use hard candy. Avoid cough drops before 6 years. Reason: risk of choking.

9 **OTC Cough Medicine: DM**

- OTC cough medicines are not recommended. (Reason: no proven benefit for children.)
- Honey has been shown to work better. (Caution: Avoid honey until 1 year old.)
- If the caller insists on using one and the child is over 6 years old, help them calculate the dosage.
- Use one with dextromethorphan (DM) that is present in most OTC cough syrups.
- Indication: Give only for severe coughs that interfere with sleep, school or work.
- DM Dosage: See Dosage table. Teen dose 20 mg. Give every 6 to 8 hours.
- Don't use under 6 years of age. Reason: cough is a protective reflex.

10 **Coughing Fits or Spells - Warm Mist and Fluids:**

- Breathe warm mist (such as with shower running in a closed bathroom).
- Give warm clear fluids to drink. Examples are apple juice and lemonade. Don't use warm fluids before 3 months of age.
- Amount. If 3 - 12 months of age, give 1 ounce (30 ml) each time. Limit to 4 times per day. If over 1 year of age, give as much as needed.
- Reason: Both relax the airway and loosen up any phlegm.
- What to Expect: The coughing fit should stop. But, your child will still have a cough.

11 **Humidifier:**

- If the air is dry, use a humidifier in the bedroom (Reason: dry air makes coughs worse).
- Avoid menthol vapors (Reason: makes coughs worse).

12 **Avoid Tobacco Smoke:**

- Active or passive smoking makes coughs much worse.

13 **Call Back If:**

- Breathing difficulty occurs
- Your child becomes worse

14 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

[1] Other possible symptoms of novel CORONAVIRUS occur (such as body aches, diarrhea, headache, runny nose, or sore throat occur) AND [2] within 14 days of novel CORONAVIRUS exposure to confirmed case or PUI

R/O: Coronavirus infection

1 **See PCP Within 24 Hours:**

- **If Office Will Be Open:** Your child needs to be examined within the next 24 hours. Call your child's doctor (or NP/PA) when the office opens, and make an appointment.
 - **If Office Will Be Closed and No PCP (Primary Care Provider) Second-Level Triage:** Your child needs to be examined within the next 24 hours. A clinic or urgent care center is often a good source of care if your doctor's office is closed or you can't get an appointment.
 - **If Office Will Be Closed and PCP Second-Level Triage Required:** Your child may need to be seen within the next 24 hours. Your doctor (or NP/PA) will want to talk with you to decide what's best. I'll page the on-call provider now.
- Note:** Between 10 pm and 7 am, hold the page since this isn't serious. Page the on-call provider in the morning.
- **If Patient Has No PCP:** Refer patient to a clinic or urgent care center. Also try to help caller find a PCP (medical home) for their child.

- 2 **Note to Triager - Medical Evaluation and Novel Coronavirus Testing:**
 - The local health department should be contacted to help facilitate patient evaluation and possible testing for novel coronavirus infection.
 - Currently, novel coronavirus testing is only available at the CDC and this must be coordinated with local public health. The best source of care will depend on your local health system and community resources. Use your nursing judgment and knowledge of current PHD recommendations.
 - A health care provider may do a throat or nose swab to test for novel coronavirus, as well as blood testing.
- 3 **Important - Caller Should Phone Ahead:**
 - Call ahead to your child's doctor's office (or urgent care center or ED). Let the doctor know that your child may have been exposed to novel coronavirus and that they are now having symptoms (e.g., fever, cough).
 - You **MUST** do this so that the healthcare workers can make plans to prevent spread of novel coronavirus to others.
 - If referring in to an UCC or ED, give the caller the number so they can call ahead.
- 4 **Announce Possible Novel Coronavirus Exposure on Arrival:**
 - Tell the first healthcare worker you meet that your child may have been exposed to novel coronavirus.
 - Tell them your child has symptoms and have been referred for coronavirus testing.
- 5 **Isolation Is Needed:**
 - Isolate your child at home.
 - Do **Not** allow any visitors.
 - Do **Not** go to school or work.
 - Do **Not** go to church, child care centers, shopping, or other public places.
 - Avoid close contact with others (hugging, kissing).
- 6 **Cover Your Mouth and Nose:**
 - Cover your child's mouth and nose loosely with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash cloth.
 - Have your child wear a disposable breathing mask if you have one.
- 7 **Wash Your Hands with Soap and Water:**
 - Wash your hands and face frequently with soap and water.
- 8 **Pain Medicine:**
 - For pain relief, give acetaminophen every 4 hours **Or** ibuprofen every 6 hours as needed. (See Dosage table.)
- 9 **Call Back If:**
 - Breathing difficulty occurs
 - Your child becomes worse
- 10 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

[1] Travel to or from Hubei Province, China (or other high risk areas identified by CDC) within last 14 days AND [2] BOTH cough AND fever occur

R/O Coronavirus infection. Note: needs both symptoms to qualify as PUI.

- 1 **See PCP Within 24 Hours:**
 - **If Office Will Be Open:** Your child needs to be examined within the next 24 hours. Call your child's doctor (or NP/PA) when the office opens, and make an appointment.
 - **If Office Will Be Closed and No PCP (Primary Care Provider) Second-Level Triage:** Your child needs to be examined within the next 24 hours. A clinic or urgent care center is often a good source of care if your doctor's office is closed or you can't get an appointment.
 - **If Office Will Be Closed and PCP Second-Level Triage Required:** Your child may need to be seen within the next 24 hours. Your doctor (or NP/PA) will want to talk with you to decide what's best. I'll page the on-call provider now.

Note: Between 10 pm and 7 am, hold the page since this isn't serious. Page the on-call provider in the morning.

 - **If Patient Has No PCP:** Refer patient to a clinic or urgent care center. Also try to help caller find a PCP (medical home) for their child.
- 2 **Note to Triager - Medical Evaluation and Novel Coronavirus Testing:**
 - The local health department should be contacted to help facilitate patient evaluation and possible testing for novel coronavirus infection.
 - Currently, novel coronavirus testing is only available at the CDC and this must be coordinated with local public health. The best source of care will depend on your local health system and community resources. Use your nursing judgment and knowledge of current PHD recommendations.
 - A health care provider may do a throat or nose swab to test for novel coronavirus, as well as blood testing.

- 3 **Important - Caller Should Phone Ahead:**
 - Call ahead to your child's doctor's office (or urgent care center or ED). Let the doctor know that your child may have been exposed to novel coronavirus and that they are now having symptoms (e.g., fever, cough).
 - You **MUST** do this so that the healthcare workers can make plans to prevent spread of novel coronavirus to others.
 - If referring in to an UCC or ED, give the caller the number so they can call ahead.
- 4 **Announce Possible Novel Coronavirus Exposure on Arrival:**
 - Tell the first healthcare worker you meet that your child may have been exposed to novel coronavirus.
 - Tell them your child has symptoms and have been referred for coronavirus testing.
- 5 **Isolation Is Needed:**
 - Isolate your child at home.
 - Do **Not** allow any visitors.
 - Do **Not** go to school or work.
 - Do **Not** go to church, child care centers, shopping, or other public places.
 - Avoid close contact with others (hugging, kissing).
- 6 **Cover Your Mouth and Nose:**
 - Cover your child's mouth and nose loosely with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash cloth.
 - Have your child wear a disposable breathing mask if you have one.
- 7 **Wash Your Hands with Soap and Water:**
 - Wash your hands and face frequently with soap and water.
- 8 **Pain Medicine:**
 - For pain relief, give acetaminophen every 4 hours **Or** ibuprofen every 6 hours as needed. (See Dosage table.)
- 9 **Call Back If:**
 - Breathing difficulty occurs
 - Your child becomes worse
- 10 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

Call PCP within 24 Hours

[1] Novel CORONAVIRUS exposure within last 14 days AND [2] NO cough, fever, or breathing difficulty

Reason: People exposed to novel coronavirus but without symptoms should be followed closely by a HCP and PHD

- 1 **Call PCP Within 24 Hours:** You need to discuss this with your child's doctor (or NP/PA) within the next 24 hours.
 - **If Office Will Be Open:** Call the office when it opens tomorrow morning.
 - **If Office Will Be Closed:** I'll page the on-call provider now. Exception: From 9 pm to 9 am. Since this isn't urgent, we'll hold the page until morning.
- 2 **Note to Triager - PCP Will Notify the Local Public Health Department:**
 - The patient should stay at home and avoid contact with others until they have talked with their PCP or the public health department.
 - If caller doesn't have a PCP, follow the reporting guidelines from your local health department.
 - People exposed to a patient with confirmed novel Coronavirus but without any symptoms of their own, need to be followed closely by a health care provider in conjunction with the local health department.
 - Check your child's temperature two times a day. Call your child's PCP or public health department if a fever occurs.
 - Early detection of symptoms is the only way to prevent spread of the disease.
- 3 **Reassurance and Education:**
 - Although your child may have been or was exposed to novel Coronavirus, your child does not currently have any symptoms of novel coronavirus infection. Novel coronavirus infections starts within 14 days following the last exposure.
 - Since it's been less than 14 days, your child is still at risk for getting sick with novel coronavirus.
 - You need to watch for symptoms until 14 days have passed. Check your child's temperature two times a day.
 - Stay at home with your child until you talk with your child's doctor or the local public health department.
 - They will tell you when it is safe to return to school or work.

- 4 **Novel Coronavirus Outbreak:**
 - Currently, limited information is known about this novel (new) coronavirus respiratory infection. At this time, we do not know how contagious or serious it is.
 - An outbreak of this infection began in Wuhan, Hubei Province, China in December 2019.
 - The first patient in the United States occurred on January 21, 2020.
 - This is a new and rapidly changing situation.
 - The World Health Organization (WHO) has declared novel coronavirus a global public health emergency.
- 5 **Novel Coronavirus Symptoms:**
 - There are many strains of coronaviruses. Most of them cause the common cold. This novel coronavirus also causes a respiratory illness, but can be more serious and cause pneumonia.
 - The most common symptoms are: cough, fever, and shortness of breath.
 - Other symptoms are: body aches, chills, diarrhea, headache, runny nose, and sore throat.
- 6 **Novel Coronavirus - Definition of True Exposure:**
 - You are at risk of getting novel coronavirus if the following has occurred:
 - Close contact to a person who is a confirmed case of novel coronavirus.
 - Travel to an area with recent local transmission of novel coronavirus, such as the Hubei Province in China, is only considered an exposure if the person develops BOTH a fever and a cough.
 - The CDC (www.cdc.gov) has the most up-to-date list of where the novel coronavirus outbreak is occurring.
- 7 **Measure Temperature:**
 - Measure your child's temperature 2 times each day, until 14 days after exposure to novel coronavirus.
 - Report any fevers to your child's health care provider or to the local department of public health.
- 8 **Isolation Recommendations:**
 - *Isolation will definitely be needed if your child develops a cough or fever within 14 days of novel coronavirus exposure:*
 - Isolate your child at home.
 - Do **Not** allow any visitors.
 - Do **Not** go to school or work.
 - Do **Not** go to church, child care centers, shopping, or other public places.
 - Isolation recommendations for patients without symptoms and true exposure may change based on evolving CDC/PHD guidelines.
- 9 **Call Back (or Call Your Child's Doctor) If:**
 - Fever occurs within 14 days of novel coronavirus exposure
 - Cough or difficulty breathing occur within 14 days of novel coronavirus exposure
 - Body aches, chills, headache, runny nose, or sore throat occur within 14 days of novel coronavirus exposure
 - You have other questions
- 10 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

Home Care

[1] Novel CORONAVIRUS exposure 15 or more days ago AND [2] NO cough, fever or breathing difficulty

Reason: Asymptomatic for 14 days. Risk of developing nCoV infection has passed.

- 1 **Home Care:** You should be able to treat this at home.
- 2 **Reassurance and Education:**
 - The novel coronavirus infection starts within 14 days of an exposure.
 - If your child has had no symptoms of respiratory infection (such as fever or cough) during the 14 days after an exposure, then your child should be safe from getting coronavirus.
- 3 **Novel Coronavirus Outbreak:**
 - Currently, limited information is known about this novel (new) coronavirus respiratory infection. At this time, we do not know how contagious or serious it is.
 - An outbreak of this infection began in Wuhan, Hubei Province, China in December 2019.
 - The first patient in the United States occurred on January 21, 2020.
 - This is a new and rapidly changing situation.
 - The World Health Organization (WHO) has declared novel coronavirus a global public health emergency.

- 4 **Novel Coronavirus Symptoms:**
 - There are many strains of coronaviruses. Most of them cause the common cold. This novel coronavirus also causes a respiratory illness, but can be more serious and cause pneumonia.
 - The most common symptoms are: cough, fever, and shortness of breath.
 - Other symptoms are: body aches, chills, diarrhea, headache, runny nose, and sore throat.
- 5 **Novel Coronavirus - Definition of True Exposure:**
 - You are at risk of getting novel coronavirus if the following has occurred:
 - Close contact to a person who is a confirmed case of novel coronavirus.
 - Travel to an area with recent local transmission of novel coronavirus, such as the Hubei Province in China, is only considered an exposure if the person develops BOTH a fever and a cough.
 - The CDC (www.cdc.gov) has the most up-to-date list of where the novel coronavirus outbreak is occurring.
- 6 **Novel Coronavirus - How it Is Spread:**
 - Researchers are still learning how this new coronavirus infection is spread (transmitted). The current cases are spread from human to human. The virus likely spreads through respiratory droplets produced when a person coughs or sneezes. This is how most respiratory viruses spread.
 - Reports from China suggest that the initial coronavirus cases were spread from animals to humans.
- 7 **Novel Coronavirus - How To Protect Yourself From Getting Sick:**
 - Avoid close contact with people known to have this new coronavirus infection.
 - Wash hands often with soap and water.
 - Alcohol-based hand cleaners are also effective.
 - Avoid touching the eyes, nose or mouth. Germs on the hands can get into your body this way.
 - Do not share eating utensils (e.g., spoon, fork).
- 8 **Call Back If:**
 - You have other questions
- 9 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

[1] Caller concerned that novel CORONAVIRUS exposure occurred BUT [2] does not meet CDC criteria for exposure

Reason: unrealistic fear needing reassurance

- 1 **Home Care:** You should be able to treat this at home.
- 2 **Reassurance and Education:**
 - What you have described is not a true exposure to the novel Coronavirus.
 - Your child is not at any risk for getting a novel Coronavirus infection from what you have told me.
 - You can take this off your worry list. I'll try to explain in more detail.
- 3 **Criteria for True Novel Coronavirus Exposure (CDC):**
 - The risk of getting novel coronavirus requires one of the following to have occurred:
 - Close contact with a person who is a lab-test-confirmed 2019-nCoV AND contact occurred while they were ill.
 - Close contact with a person who is under investigation for 2019-nCoV AND contact occurred while they were ill.
 - Travel to Wuhan City, China (or other area CDC identifies as high risk for this infection) is a much less important risk factor. Testing is only indicated if this patient also develops BOTH fever and cough.
- 4 **Activities that Do Not Cause Novel Coronavirus Infections:**
 - Living in a city or town where there are one or more confirmed cases of coronavirus
 - Being in the same school, church, workplace or building as a person with coronavirus. Exception: close contact with symptomatic person, such as sitting next to them.
 - Walking by a person who has coronavirus
 - Close contact with a person who was exposed to coronavirus more than 14 days ago and never developed any symptoms
- 5 **Caller Remains Worried after Education and Reassurance:**
 - Encourage them to call their PCP and public health department within 24 hours.
 - Discourage them from going to a health care facility.
 - Tell them that no special testing or treatment will be offered.
- 6 **Call Back If:**
 - You have other questions
- 7 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

[1] Test for common coronavirus was reported positive AND [2] caller is worried

Reason: test was not for novel coronavirus

- 1 **Home Care:** You should be able to treat this at home.
- 2 **Reassurance and Education:**
 - You have told me that a HCP diagnosed your child with "coronavirus" and that your child had a "positive coronavirus test".
 - There are many strains of coronaviruses. Most of them cause the common cold.
 - As of now, viral respiratory panels available at hospitals only test for the "common" coronavirus.
 - Your child does not have the more serious "new (novel) coronavirus" from China. Your child did not have that test. Currently, that special test is only done by the CDC on people who are suspected of having the serious kind of coronavirus infection.
 - Common coronavirus strains usually don't cause serious illness in healthy children.
- 3 **Call Back If:**
 - Breathing difficulty occurs
 - Your child becomes worse
- 4 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

Novel CORONAVIRUS, questions about

Reason: no exposure, no symptoms

- 1 **Home Care:** You should be able to treat this at home.
- 2 **Novel Coronavirus Outbreak:**
 - Currently, limited information is known about this novel (new) coronavirus respiratory infection. At this time, we do not know how contagious or serious it is.
 - An outbreak of this infection began in Wuhan, Hubei Province, China in December 2019.
 - The first patient in the United States occurred on January 21, 2020.
 - This is a new and rapidly changing situation.
 - The World Health Organization (WHO) has declared novel coronavirus a global public health emergency.
- 3 **Novel Coronavirus Symptoms:**
 - There are many strains of coronaviruses. Most of them cause the common cold. This novel coronavirus also causes a respiratory illness, but can be more serious and cause pneumonia.
 - The most common symptoms are: cough, fever, and shortness of breath.
 - Other symptoms are: body aches, chills, diarrhea, headache, runny nose, and sore throat.
- 4 **Novel Coronavirus - Definition of True Exposure:**
 - You are at risk of getting novel coronavirus if the following has occurred:
 - Close contact to a person who is a confirmed case of novel coronavirus.
 - Travel to an area with recent local transmission of novel coronavirus, such as the Hubei Province in China, is only considered an exposure if the person develops BOTH a fever and a cough.
 - The CDC (www.cdc.gov) has the most up-to-date list of where the novel coronavirus outbreak is occurring.
- 5 **Novel Coronavirus - How it Is Spread:**
 - Researchers are still learning how this new coronavirus infection is spread (transmitted). The current cases are spread from human to human. The virus likely spreads through respiratory droplets produced when a person coughs or sneezes. This is how most respiratory viruses spread.
 - Reports from China suggest that the initial coronavirus cases were spread from animals to humans.
- 6 **Novel Coronavirus - How To Protect Yourself From Getting Sick:**
 - Avoid close contact with people known to have this new coronavirus infection.
 - Wash hands often with soap and water.
 - Alcohol-based hand cleaners are also effective.
 - Avoid touching the eyes, nose or mouth. Germs on the hands can get into your body this way.
 - Do not share eating utensils (e.g., spoon, fork).
- 7 **Novel Coronavirus - Travel:**
 - The Centers for Disease Control and Prevention (CDC) maintains a website with latest recommendations regarding travel and your child's health.
 - Currently, there is a Level 3 Travel Advisory to all of China.
 - Website: <https://wwwnc.cdc.gov/travel>

- 8 **Call Back If:**
 - You have other questions
- 9 **Care Advice** given per Coronavirus (2019-nCoV) Exposure (Pediatric) guideline.

FIRST AID



N/A

BACKGROUND INFORMATION

Key Points

- Currently, limited information is known about this novel (new) coronavirus respiratory infection.
- An outbreak of this infection began in Wuhan, Hubei Province, China in December 2019.
- The first patient in the United States occurred on January 21, 2020.
- This is a new and rapidly changing situation.

Symptoms

The coronavirus cause a lower respiratory tract illness. Common symptoms are:

- Cough
- Fever
- Shortness of breath

Less common symptoms may include:

- Body aches
- Chills
- Diarrhea
- Headache
- Runny nose
- Sore throat

Complications

- Possible complications include pneumonia, respiratory distress, hypoxia, and respiratory failure.

Cause

- It is caused by a novel (new) coronavirus (2019-nCoV).

Exposure Risk Factors

The two main risk factors for getting sick with coronavirus are:

- Exposure to a person who is a known case of coronavirus.
- Travel to an area with recent local transmission of coronavirus, such as the Hubei Province in China. (or other high risk area)

The following activities do not increase the risk for getting sick with coronavirus:

- Eating at a Chinese or Vietnamese restaurant.
- Close contact with asymptomatic person who was exposed to coronavirus more than 14 days ago.

How it is Spread (Transmission)

- Researchers are still learning how this new coronavirus infection is spread (transmitted).
- Reports from China suggest that the initial coronavirus cases were spread from animals to humans.
- The current large number of cases are believed to be spread from human to human.
- Both SARS and MERS, which are also coronaviruses, were spread through respiratory droplet (cough, sneezing) person-to-person.

Diagnosis and Reporting

- Healthcare providers who identify a possibly infected person (person under investigation; PUI) should notify both the state health department and the infection control personnel for their healthcare facility.
- Healthcare providers or state health departments that identify a possibly infected person should contact the CDC's Emergency Operations Center (EOC) at 770-488-7100 immediately.

Treatment

- There is no vaccine or anti-viral medication for Coronavirus. Treatment is supportive (e.g., oxygen and IV fluids).

Other Coronaviruses in Humans

- MERS-CoV: Middle East Respiratory Syndrome (MERS)
- SARS-CoV: Severe Acute Respiratory Syndrome (SARS)
- Of note, neither of these viruses had a major impact on the pediatric population.
- Common coronaviruses causing colds and upper respiratory symptoms that are identified in currently available commercial respiratory testing panels (human coronaviruses HKU1, OC43, 229E, and OC43) are different than the novel coronavirus addressed in this guideline.

Internet Resources

- Centers for Disease Control and Prevention (CDC): Coronavirus. <https://www.cdc.gov/coronavirus/>.
- Public Health Agency of Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus.html>.
- World Health Organization (WHO): Coronavirus. <https://www.who.int/health-topics/coronavirus>.

Expert Reviewers

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- Samuel Dominguez, MD, Sections of Infectious Disease and Epidemiology, Children's Hospital Colorado, Aurora, CO

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SEARCH WORDS

2019-NCOV
BREATHING
BREATHING DIFFICULTY
CHINA TRAVEL
CORONAVIRUS
CORONAVIRUS EXPOSURE
COUGH
DIFFICULT BREATHING
DIFFICULTY BREATHING
EXPOSURE
EXPOSURE QUESTION
EXPOSURE QUESTIONS
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