

Information for Parents and Caregivers

What is COVID-19?

COVID-19 is a respiratory disease caused by SARS-CoV-2. COVID-19 spreads from person to person through respiratory droplets when an infected person coughs, sneezes, or talks.

Symptoms of COVID-19

A range of symptoms may occur ranging from mild to severe and may include:

- Fever
- Cough
- Difficulty breathing
- Headache
- Congestion or runny nose
- Fatigue
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea

Is COVID-19 Contagious? What is its Duration?

The incubation period for COVID-19 is 2-14 days after being exposed to the virus. If you have COVID-19 you should stay home, isolated for at least 5 days, then continue to wear a mask for 5 additional days.

Treatment & Symptom Management

Most treatment for COVID-19 is supportive including over-the-counter cough/cold medications for children old enough, acetaminophen/ibuprofen, and staying hydrated. Some patients may qualify for antiviral medication. Seek medical attention immediately if severe trouble breathing, confusion/not responding appropriately.

Prevention

The best way to reduce risk if you are exposed to COVID-19 is to receive the COVID-19 vaccine including boosters, on schedule. Other prevention measures include wearing a mask.

When Can a Sick Child Return to Day Care, School, and other Social Settings?

A sick child with COVID-19 should stay home for at least 5 days and isolate from others in the home.



ALABAMA REGIONAL CENTER FOR INFECTION PREVENTION
AND CONTROL TRAINING AND TECHNICAL ASSISTANCE

The University of Alabama at Birmingham

Centers for Disease Control and Prevention (CDC), Coronavirus Disease 2019, <https://www.cdc.gov/dotw/covid-19/index.html>

Centers for Disease Control and Prevention (CDC), Isolation and Precautions for People with COVID-19, <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

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