

Guidance for Parents Caring for Children Diagnosed and in Isolation with Covid-19

If your child is diagnosed with Covid-19 there are some basic guidelines to follow to prevent the virus spread in your home. Also, anticipate a call from the Medina County Health Department.

Isolation

Limit contact

- If possible, have the person who is sick use a separate bedroom and bathroom and stay in their own “sick room” or area away from others. Try to stay at least 6 feet away from the sick person.
- Shared space: If you have to share space, make sure the room has good air flow.
- Avoid having visitors, especially unnecessary visitors and visitors who are at a higher risk for severe illness.

Eat in separate rooms or areas

- **Stay separated:** The person who is sick should eat (or be fed) in their room, if possible.
- **Wash dishes and utensils using gloves, soap and hot water or use a dishwasher.**
- Clean hands after taking off gloves or handling used items.

Do not share personal items such as: dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.

When to wear a mask or gloves

- Put on a mask and ask the sick person to put on a mask before entering the room.
- Wear gloves when you touch or have contact with the sick person’s blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can and wash your hands right away.

When and how to clean surfaces and objects

- Cleaning with a household cleaner that contains soap or detergent reduces the amount of germs on surfaces and objects and decreases risk of infection from surfaces. In most situations, cleaning alone removes most virus particles on surfaces.
- Clean other surfaces in your home when they are visibly dirty or as needed. Clean them more frequently if people in your household are more likely to get very sick from COVID-19.

Track your own health

- Caregivers should stay home and monitor their health for COVID-19 symptoms while caring for the person who is sick.
- Caregivers should continue to stay home after care is complete.
- The best way to protect yourself and others is to stay home for 14 days if you think you’ve been exposed to someone who has COVID-19.

Your child must isolate in your residence until they meet ALL the following criteria:

- At least ten (10) days have passed since first symptoms appeared or ten (10) days since their test date if they have no symptoms.
- Any COVID-19 related symptoms have improved
- AND you have been fever-free for at least 24 hours without taking medication like Tylenol or Motrin