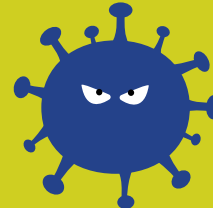
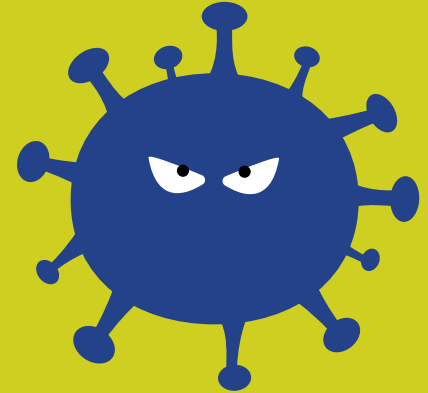
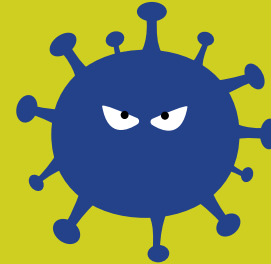
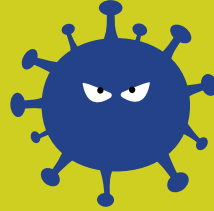
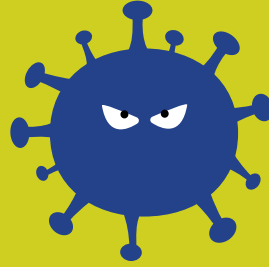
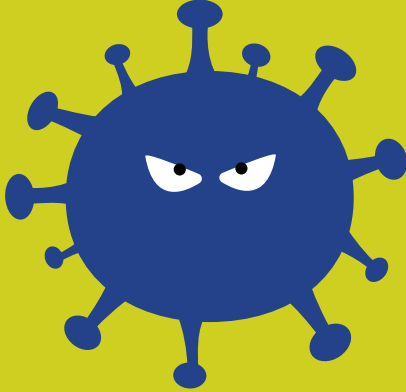




مستشفى الملك فيصل التخصصي ومركز الأبحاث
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Child Care Guide During Coronavirus (COVID-19) Pandemic



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Despite the fact that there have been reported cases of COVID-19 infected children, Children are still less likely to be infected than adults are. Based on recent studies and evidence, COVID-19 infection in children is much less common than it is in adults.

Do children show more severe symptoms of COVID-19 than adults?

COVID-19 symptoms are the same in children as well as adults. However, symptoms in children are mild and less severe. Mainly symptoms like cold, fever, runny nose, cough, vomiting and diarrhea. Due the newness of COVID-19 disease, it is hard to determine if the infection poses a threat in children with chronic illnesses and whether or not such children may need special medical care. However based on the data we should assume they would be at higher risk for more severe disease. Therefore, there is still much to learn how COVID-19 virus might affect children.

Instructions to minimize the spread of COVID-19 amongst children:

1- Reinforcement of daily preventive measures:

Preventive precautionary measures for COVID-19 in children are basically the same as those in adults depending on their ages. Parents and caregivers play a key role in following such measures. Keeping in mind being a good role model. Children are likely to copy their parents and older family members. It is necessary to incorporate such preventive measures with the daily family activities.



- Regularly wash hands with soap and water for at least 20 seconds. If soap and water are unavailable, use alcohol sanitizer that contains at least 60% of alcohol.



- Adherer to the etiquette of coughing and sneezing by using tissues to cover mouth and nose when coughing or sneezing and then wash hands. Use upper arm to cover nose and mouth if tissues are unavailable.



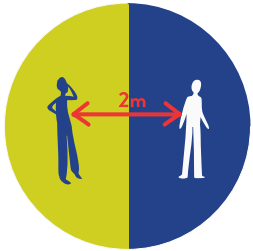
- Avoid touching eyes, mouth and nose. Hands could be contaminated when touching different surfaces and they might transmit infection when touching eyes, mouth or nose.



- Frequently used surfaces must be periodically cleaned, like tabletops, different handles and knobs, toilet seats and light switches.



- Regularly wash and clean clothes, toys and other items. Use water and suitable cleaning agents for cleaning and sanitization. Follow the instructions provided by the manufacturing company when cleaning to avoid possible damage. In general, it is preferable to use warm water and then dry.



2- Practicing Social Distancing:

Our children should be taught and trained how to practice social distancing. Social distancing is vital in the fight against COVID-19 infection. By social distancing we mean keeping a distance of at least one meter between us and others. It also means avoiding hand shaking and kissing instead use a greeting gesture that does not involve direct physical contact. In addition, postpone travel plans and all forms of transportation in general. Avoid gatherings with family members, friends or neighbors. Children should avoid playing with other children indoors or outdoors.

Practicing social distancing in children plays a major role in preventing the spread of COVID-19 virus. Although COVID-19 infection is low in children, and the symptoms are less severe, Children can transmit the virus to others around them which may pose a serious threat to patients with chronic illnesses, immunocompromised patients and elderly people.

Social distancing does not necessarily mean total social disconnection. Therefore, parents should maintain the socialization process for their children with friends and relatives through the activation of the electronic communication platforms like phone and video calls.

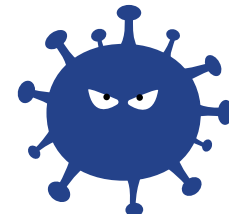


3- Children two years and older should wear a face cover when leaving home:

Wear a face cover when leaving the house to cover your nose and mouth. This is considered an addition not a replacement to the bundle of the daily precautionary measures to prevent the spread of COVID-19 virus, like hand washing, social distancing and other previously mentioned measures. The purpose of this action is to protect the society members from being infected with COVID-19 virus, especially from those who are not showing any symptoms.

It is recommended to follow the universal guidelines for wearing facemasks in compliance with the directives of the Saudi Ministry of Health (MOH) as follow:

- If you are healthy, you only need to wear a mask if you are taking care of a sick person or a person with suspected COVID-19 disease or any other respiratory infections.
- Wear a mask if you are coughing or sneezing or any respiratory infection symptoms.



Tips to keep children healthy during COVID-19 pandemic:



When noticing symptoms resembling the symptoms of COVID-19 virus infection, like fever, cough and shortness of breath, parents should immediately call the healthcare provider, keep the child at home isolated from others as much as possible and follow the healthcare provider protocol provided by the Ministry of Health (MOH).



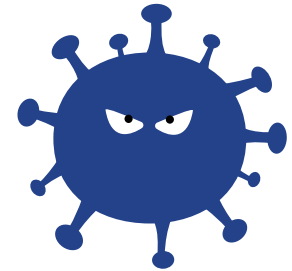
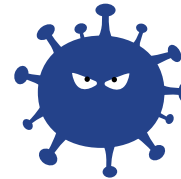
• Observe behavioral changes:

It is important that parents observe the behavioral changes of their children during COVID-19 pandemic, Changes deeply reflected the children social lives. Like sadness, anxiety, food habits, sleeping difficulties, attention and concentration difficulties. In this situation, parents are urged to spend more time with their children to explain the disease process in a way that appeals to their age and mental as well as intellectual capacities. If the behavioral and psychological changes are severe, parents should contact child's health provider.



• Maintain physical activity:

It is important to maintain physical activity in children in order to boost their physical and mental health. Encourage children to engage in various physical activities like dancing and other forms of sports either indoors or outdoors. There are many YouTube channels and available applications such as “Kids Morning Exercise”, the app is completely free for adults and children. It consists of workouts will turn into a fun games.





• **Maintain mental health:**

• Ever since the imposition of virtual education platforms as a result of COVID-19 pandemic, we urge parents to assist their children in doing their home works, which may require the operation of electronic devices and comprehending some school instructions. In addition, we urge parents to communicate with the school in order to monitor the progress of their children.

• It is important that parents create an organized atmosphere at home during week days by keeping fixed times for sleeping, eating, playing and studying in order to maintain the child's mental and physical growth. Keeping in mind the child's age, educational level and other factors that may affect his/her life routine and daily needs. Parents also need to realize that it is ok sometimes to break their child's routine if necessary.

• Engage children in fun and brain-triggering activities like puzzle-solving, drawing, experimenting, solving math quotations, vocabularies, writing stories, listening to audio books and other mental activities such as:

- Lamsa: Kids Stories & Games
- Makooky: Kids Stories & Songs
- Kids Clever: Kids educational entertainment. It consists of puzzles and games

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