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Children and coronavirus: a pediatrician answers all your questions

419 bytes

By Karina Cortes

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Como parents are many questions we ask ourselves about whether the virus affects children and how to protect them . For this reason, we have contacted Dr. [Nelson Sánchez-Pinto](#) , a pediatrician at [Ann & Robert H. Lurie Children's Hospital in Chicago](#) , to advise us on childhood Covid-19.

What is the risk of a child getting Covid-19?

Based on the data we have seen, the risk of children becoming infected is similar to that of adults. Now the main difference is that children's symptoms are much milder than adults. In adults, we are seeing critical illness traits of 10% or 20%. While in children, less than 1% have severe or critical symptoms.

What should I do if someone in my house tests positive for Covid-19?

If a person in your home has been infected, take precautions to separate them from others. For example, having the sick adult stay in a room for as long as possible and, if possible, use a bathroom separate from other people in the home. In addition to monitoring health, within reason, minimizes contact with the sick person. Make sure that the patient and those in contact with him wear masks to prevent transmission and everyone in the home practices good hand hygiene. It also disinfects high-traffic areas where the virus could live, such as door knobs and light switches.

When should my child be tested?

If your child has mild symptoms of Covid-19, it is best to spend the course of the illness at home to avoid exposing yourself to other germs and spreading the disease to others. It is not going to be going to the hospital in contact with others who do not have the infection and there may be a transmission. Still, remember that your family's most important resource remains your child's pediatrician, so follow all of their guidelines to find out what to do about coronavirus symptoms .

Can coronavirus symptoms be treated with flu and cold medications?

Yes. Medications such as Tylenol, vitamins C, or another common remedy taken in flu for the immune system can be used to alleviate symptoms. A good diet and liquids to avoid dehydration are also recommended.

Are nebulizer-administered saline therapies or steroid use in children with asthma contraindicated to treat coronavirus symptoms?

There is no contraindication especially if they are treatments that are used routinely for these children. Nebulization for asthmatic children should continue to be used, as the more controlled the asthma is, the less the risk that the virus will cause more severe symptoms.

Do I have to disinfect supermarket purchases?

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Do I have to disinfect supermarket purchases?

The coronavirus can live for several hours with the materials used to package food such as metal and plastic, but the risk of contagion is very low. If you want to be very cautious, you can clean any inedible container with a disinfecting wipe and continue washing fruits and vegetables before consuming as you normally would.

Should my family wear face masks indoors?

If someone in your family is sick, that person should wear a face mask to prevent the virus from spreading through coughing and sneezing. The one who cares for the sick person must also wear one to protect himself; while the rest of the family does not need to use it. Because as an easy way to contract Covid-19 is by touching a surface and then touching your face, using a mask incorrectly can increase the risk of contracting the virus.



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