

# COVID-19

## Children in home isolation

The symptoms of COVID-19 infection vary between children and often change from day to day. The most common are fever, cough and shortness of breath. Other common symptoms are headache, muscle ache and gastrointestinal symptoms such as nausea, vomiting and diarrhoea. The majority of children develop mild symptoms. The duration of the illness varies between individuals.

This educational material is based on current knowledge of COVID-19 and may change as knowledge increases. Instructions on isolation and quarantine can be found on the website: [www.covid.is](http://www.covid.is).

### Examples of symptoms

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| <ul style="list-style-type: none"> <li>• Fever</li> <li>• Chills or cold</li> <li>• Heaviness, gasping or pain when breathing</li> <li>• Dry cough</li> <li>• Mucus that is coughed up</li> <li>• Headache</li> <li>• Shortness of breath at rest and during exercise</li> <li>• Bone and muscle aches</li> <li>• Sore throat</li> </ul> | <ul style="list-style-type: none"> <li>• Runny nose</li> <li>• Lack of appetite</li> <li>• Nausea and vomiting</li> <li>• Change in sense of smell and taste</li> <li>• Abdominal pain</li> <li>• Diarrhea</li> <li>• Weakness</li> <li>• Anxiety</li> </ul> |
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**It is important to monitor the child's temperature twice a day and record the results.**

### General information

#### Fluid intake

Keep your child hydrated and try to get them to drink enough fluids, especially if they have:

- A high temperature or fever that has lasted a long time
- Been sweating a lot
- Little appetite to drink
- Vomited or have had diarrhea

If the above symptoms are present, it is advisable to not only drink water, as essential salts are lost from the body. Drinks such as fruit pouches, Gatorade, Powerade or Aquarius, which are available in pharmacies and supermarkets, are recommended. For the youngest children, these drinks need to be diluted. It is also recommended to monitor how much the child drinks, for example by writing down the amount of fluid or the number of glasses. It is recommended that a child weighing 10 kg drinks a total of one liter of fluid per day.

#### Urination

It is necessary to monitor whether the child goes to the toilet regularly and the colour of the urine. The normal colour of urine is light yellow. If urine is dark yellow or has a very strong odour, it may be a sign of dehydration and it is advisable to drink more.

## Food

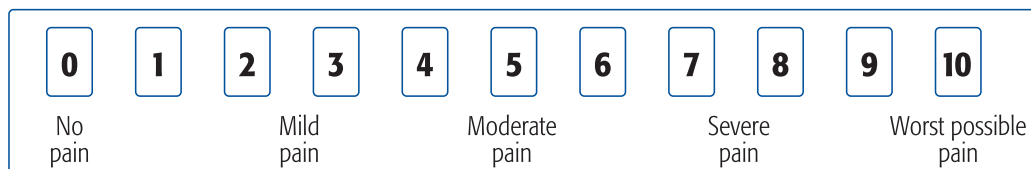
It is recommended to feed your child regularly during the day or at the time of day when he or she feels best, for example after receiving painkillers. If the child eats little, for example due to lack of appetite or nausea, it is important to give them fluid regularly. Give a little fluid at a time, about 10 ml every five minutes, ensuring that the child is not gulping. If the nausea is severe or the child vomits repeatedly, you can obtain anti-nausea medication. Occasionally, intravenous fluids may need to be given.

## Fever

The child's temperature must be measured at least in the evening and in the morning. If the temperature exceeds 38,5°C or causes discomfort, it is recommended to take paracetamol to lower the temperature.

## Pain

If the child experiences pain, you can gauge the intensity of the pain by using the pain scale below where 0 means no pain and 10 a lot of pain or the worst possible pain imaginable. If the pain persists, it is recommended to take painkillers regularly throughout the day.



## Paracetamol

Paracetamol is the first choice for fever and pain. The recommended dose for children is 15 mg per kilogram of body weight, up to four times a day, every six hours.

## Ibuprofen and Nurofen oral solution

It is safe to use Ibuprofen tablets or Nurofen oral solution with paracetamol. The recommended dose for children is 10 mg per kilogram of body weight, up to three times a day, i.e. every eight hours. The drug can be taken between paracetamol doses. In this way, continuous pain relief can be achieved, if necessary.

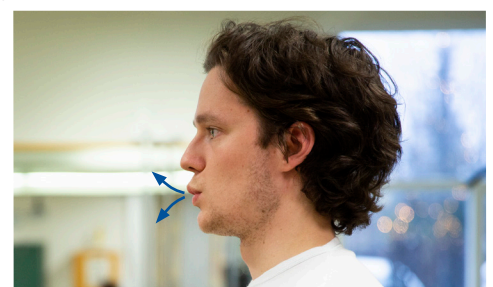
## Light exercise

Light indoor exercise is recommended if health allows. Light exercise can reduce weakness and improve breathing. Exertion or working out is not recommended.

## Breathing exercises

To improve breathing and reduce the risk of pneumonia, it is necessary to do breathing exercises. It is also good to change the position you lie in bed often, i.e. to lie alternately on the sides and back and even on your stomach. It is recommended to do breathing exercises every 1–2 hours during the day. Breathing exercises for children can be e.g. to blow soap bubbles, to blow into a straw, to blow bubbles in water or to blow in a flute or a balloon for older children. If bronchodilators are used, breathing exercises are performed 10 minutes after their use. It is best to do breathing exercises in an upright or sitting position; then it is easier to breathe deeply and fill the lungs with air. Relax the neck, shoulders and chest muscles, and place the arms on the armrests of the chair or pillow or place them in the child's lap.

- Inhale slowly through the nose (with the mouth closed), as when inhaling at rest, and count in your head "one, two" during inhalation (do not breathe deeply).
- Then a nozzle is placed on the lips and air exhaled through the mouth, as when whistling, but no whistle is heard. Count "one, two, three, four" whilst exhaling.
- It is recommended to repeat the breathing exercises 5–8 times.



A nozzle is placed on the lips and air exhaled through the mouth

## Medication

If the child is taking medication on a regular basis, the medication should not be changed without consulting a doctor.

## Ending isolation

- Those with COVID-19 must isolate according to Icelandic regulations ([www.covid.is](http://www.covid.is)).
- It is not possible to reduce the time in isolation with a new test while the child is in isolation.
- It is not necessary for the child to have a COVID-19 test or an antibody test at the end of the isolation.
- When isolation is completed the child is allowed to go back to preschool or school.
- To reduce the risk of infecting others, follow the instructions below:
  - Clean your living space with soap and water, such as the floor, tables, chairs, faucet, sink, toilet and doorknobs.
  - Disinfect other surfaces and items that are touched regularly, such as telephones, remote controls and personal hygiene products.
  - Wash all used clothing, towels and bedding.
  - After cleaning and before leaving the house, take a shower and change into clean clothes.
  - Avoid close contact with vulnerable individuals for the next two weeks. Continue to wash hands and use disinfectant and a mask as instructed on [www.covid.is](http://www.covid.is).

## Others household members in quarantine

Those who have not been tested positive for COVID-19 but are in quarantine in the same home as an infected person, need to get a scheduled screening test when the person with COVID-19 gets discharged from isolation. Please note that when the infected person will be discharged from isolation a QR code will be sent by sms to the person in quarantine, this is done automatically and the person in quarantine should not order a test him-/herself.

## Certificates

- Certificates for those in obligated quarantine or isolation can be found at [www.heilsuvera.is](http://www.heilsuvera.is) at the end of quarantine/isolation. This requires an electronic ID to access.
- Those who do not have an electronic ID can obtain a certificate from the Children's Hospital at the end of isolation or by sending an e-mail to the Directorate of health: [mottaka@landlaeknir.is](mailto:mottaka@landlaeknir.is).

## Telephone numbers

It is necessary to report if symptoms suddenly worsen.

**Call 543 1960 between 08:00-23:00 if symptoms worsen or you are concerned about the child's health.**

**Outside of these hours call 1700, in the event of an emergency call 112.**