Your child is currently being tested for COVID-19 (Coronavirus Disease 2019), a virus that causes mild to severe respiratory illness symptoms like a fever, cough and shortness of breath. This family education sheet talks about important steps you should take at home while waiting for the test results.

How long will it take to get the test results back?
It can take a few hours to get your child’s test results.

How will I find out the results?
Your health care team will call you with the results.

What symptoms should I watch for at home?
Watch for:
- Temperature/fever
- Cough
- Sore throat
- Shortness of breath or breathing problems
- Chills
- Muscle or body aches
- New loss of taste or smell

If these symptoms get worse, call your pediatrician.
Let them know that you are on self-isolation (staying at home and away from others) and are waiting for COVID-19 test results from Boston Children’s.

When should I call my child’s health care provider?
Call if your child:
- Has a fever higher than 100.4°F/ 38°C
- Won’t drink
- Has ear pain or fluid coming out of the ear
- Has a runny or stuffy nose for 2 weeks or longer
- Has a bad cough or chest pain
- Has a persistent headache
- Is getting sicker

When should I take my child to the emergency room?
Go to the Emergency Room if your child:
- Appears dehydrated; signs include dizziness, drowsiness, a dry or sticky mouth, sunken eyes, crying with few or no tears, or peeing less often (or having fewer wet diapers).
- Unable to drink or talk
- Has trouble breathing, is breathing fast or looks blue around the lips.

How can I help my child to feel better at home?
- Have your child rest, eat healthy food and drink a lot of water.
- If your child has a fever, use medicines to help lower it (as directed on the label or by your pediatrician).
- Take your child’s temperature by mouth with a digital thermometer at least twice a day, at least 4 hours after giving medicine. Call your pediatrician if it is over 100.4°F/ 38°C.

What steps should my family take while we wait for the results?
Stay at home and away from others
- Self-isolate: Your child and your family should stay home and away from others to lower the chance of spreading the illness.
- Keep your child in 1 room of the house: Your child should stay in 1 room or be at least 6 feet (2 meters) away from other people and pets.
- Use a delivery or pick-up service for groceries, or ask friends or family members to drop off groceries and supplies at your front door to avoid direct contact.
- Avoid visitors and public places: We do not recommend going to activities or gatherings outside your home, like school, church/mosques, grocery stores or restaurants. We do not recommend playdates or visitors.
- If caregivers must come into your home for your child’s care, let them know that your child has been tested for COVID-19. Caregivers should wear personal protective equipment, like gloves, eye protection and face masks.
How can I reduce germs in my home?

- If possible, have your child use a separate bathroom from other members of your household. The bathroom should be cleaned frequently and the toilet lid closed when flushing to prevent the spread of germs.
- Clean commonly touched objects including door handles, toilets and faucets, and electronic devices (phones, computers). Use a regular household cleaner or make your own disinfectant by mixing 1 part bleach to 9 parts water.
- When cleaning, wear a medical face mask and disposable gloves if possible. You can also wear a bandana or scarf if you do not have a medical face mask. After cleaning:
  - Remove gloves and throw away.
  - Wash your hands right away with soap and water or use an alcohol-based sanitizer.
  - Remove face mask and throw it away.
  - Wash your hands again with soap and water or use an alcohol-based sanitizer.
- Do not share household items with anyone with suspected or confirmed COVID-19. All used household items, such as bedding and towels, should be cleaned thoroughly after use.
  - Sick people should use their own tube of toothpaste and soap.
- Open windows and doors, as weather allows, to keep air moving through your home.

When can we stop home isolation?

In general, people can leave home when these 3 things have happened:
- They have had no fever for at least 72 hours (that’s 3 full days of no fever without the use of medicine that reduces fevers) and
- Other symptoms have improved, such as cough or shortness of breath
- At least 10 days have passed since symptoms first appeared

What are some resources for my family?

Massachusetts-based resources

Massachusetts 211
Dial 2-1-1 on your phone. It connects you to information about critical health and human services available in the community.
If you are unable to reach 2-1-1, call 1-877-211-MASS (6277). Hearing-impaired callers can call 508-370-4890 TTY.

Food resources

FoodSource Hotline
To find food resources in your community, call 1-800-645-8333 TTY 1-800-377-1292
projectbread.org/get-help/foodsource-hotline.html

The Greater Boston Food Bank
The Greater Boston Food Bank partners with 520+ hunger-relief agencies in Eastern Massachusetts.
Call: 617-427-5200
gbfb.org/need-food

Financial support

United Way MA COVID-19 Family Support Fund
https://unitedwaymassbay.org/get-involved/covid-19-family-fund/
For general questions, email info@supportunitedway.org

Transportation

Ridematch
A searchable directory of public, private and accessible transportation options in Massachusetts.
https://massridematch.org/

Emotional support

Parental Stress Line
Need someone to talk to? This 24/7 service is free and confidential, 24/7. Call: 1-800-632-8188

NAMI Helpline:
If you’re in a crisis, call 1-800-950 6264 or text "NAMI" to 741741.
How to Cope with Anxiety Related to Coronavirus (COVID-19)
This website suggests ways how to cope with stress during the pandemic. It’s appropriate for families and providers.

verywellmind.com/managing-coronavirus-anxiety-4798909

Free online guided meditation:
meditationmuseum.org/

For more information
If you’re a Boston Children’s patient or family member and have questions general questions about COVID-19, please call our COVID-19 hotline at 855-281-5730 or 617-355-4200.

Visit the CDC website:

Centers for Disease Control and Prevention (CDC): If You Are Sick or Caring for Someone
cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html

CDC: COVID-19 and Breastfeeding

Visit Boston Children’s COVID-19 website:
childrenshospital.org/conditions-and-treatments/conditions/c/coronavirus

Scan QR codes with your phone camera

This Family Education Sheet is available in Arabic and Spanish.