

From our Registered Nurse:

Children and COVID-19

Is it true that children cannot get COVID-19?

No. Children can contract coronavirus infections. Fortunately, the cases in children are usually much less serious than in adults. That said, it is still possible for a child to become seriously ill from COVID, even though it is fairly rare. Most importantly, an infected child can still pass the disease on to someone else, even if they don't feel sick.

Are the precautions for children different than for adults?

No. Children two years old and older should wear masks when out in public and maintain 6 feet of distance from people they don't live with. They should wash their hands just as often as or more often than adults. Children younger than two should not wear masks because it could be a suffocation risk.

Should I expose my child to coronavirus so they can get immunity?

No. This is a very dangerous idea. First of all, your child may get a more serious case than average and become very sick. Also, if your child gets infected, they could infect other people—including yourself—who might get a much more serious case. If you become infected, your child may have no one to care for them.

I've heard that children with coronavirus can get another disease. What is it?

Multisystem Inflammatory Syndrome in Children (MIS-C) is a condition that is appearing in some children, most of whom were infected by the coronavirus or near people who were infected. We are still learning about this condition. It can very serious and some children have died from it.

What are the symptoms of MIS-C?

Unlike the symptoms of coronavirus, MIS-C is not subtle. Your child will definitely appear sick if they have MIS-C. Symptoms include fever, abdominal pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, and feeling very tired. Contact your pediatrician if your child has any of these signs. Advanced and dangerous signs include difficulty breathing, chest pain, confusion, difficulty waking up or staying awake, increased abdominal pain, and bluish lips or face. If your child has any of the advanced signs bring them to the emergency room immediately.

Do all children who get the coronavirus get MIS-C?

No. The condition is currently very rare. Most children who get the coronavirus will not get MIS-C. It may not be related to the coronavirus but there appears to be a strong connection.



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Is MIS-C contagious?

MIS-C appears to be a late reaction to coronavirus, not a contagious disease itself.

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Sources

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-in-babies-and-children>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-outbreak-and-kids>



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