COVID-19
Information for Parents

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125 Walker Street
New York, NY 10013
(212) 226-3888

Friday, April 24, 2020
Topics

- About COVID-19
- Protecting my family
- Seeking care for children during pandemic
- Benefits/Insurance
About COVID-19

Symptoms:

- Infected people may have NO symptoms
- Varied- symptoms may last a few days or a few weeks
- Develop a few days or up to 2 weeks after exposure
  - Cough
  - Fever
  - Sore throat
  - Shortness of breath
  - Breathing problems
  - Body Aches
  - Loss of smell
  - Less common: Abdominal pain, vomiting, diarrhea

- Difficult to differentiate between COVID-19 and other viruses
About COVID-19

❖ Good News:
  - Children/young generally do not get very sick with COVID-19

❖ Bad News:
  - Even if not very sick, children can pass virus to parents and elderly in family
  - Elderly, especially with other chronic conditions (lung disease, heart disease, diabetes, or poor immune systems) can have severe symptoms
  - Children with asthma, obesity, heart conditions, diabetes or poor immune systems are at higher risk of complications
Treatment for COVID-19

- No proven safe medication to treat mild infection
- Treat fever and pain with fever reducers (dosage based on weight)
- Keep patient hydrated
- Give asthma medications for children with asthma
- Call doctor to discuss further
Testing for COVID-19

- Not needed if you have mild disease
- Tests mostly done if you need to be hospitalized
- Can go to drive-thru testing sites
- Would advise to not go to just for testing clinics or wait in line for testing at testing sites unless in car
Keeping Family Safe

❖ Wash hands often for 20 seconds with soap and warm water
  ▪ After using bathroom
  ▪ Before and after eating
  ▪ After using ipad/iphone
  ▪ After coughing/sneezing/touching face
  ▪ After getting mail/packages
  ▪ After buying groceries or being outside

❖ Try not to touch face/pick nose
❖ Avoid sharing food, utensils, and cups
❖ If soap and water is not available, use an alcohol based sanitizer with at least 60% alcohol
Keeping Your Family Safe

- Clean surfaces at least 1x/day
  - Use disinfectant wipe or at least 60% alcohol
  - Tables
  - Chairs
  - Door handles (all doors, kitchen/cabinet doors)
  - Ipads/phones (wipe with alcohol)
  - Light switches
  - Bathrooms (faucet, sink, toilet)
  - Floors
Keeping Your Family Safe

- Separate well and sick members at home
- Wash hands often at home
- If anyone is sick at home, everyone wears masks
- Designate one caretaker for sick member- wear mask/gloves and wash laundry/sheets/dishes in hot water
- Make sure sick member has own room and bathroom if possible or clean bathroom after use
- Sick member should eat by themselves in a room
- Sick member should not go out
Keeping Your Family Safe

- Wear masks (mandated) and keep 6 feet distance if sick or if outside
- Wash hands, shower and wash clothing after getting home
- Avoid crowded supermarkets
- Call supermarkets to see which are delivering food
- If you need medicines, call pharmacy to see if pharmacy can deliver
Care for Your Child - When to Call your Doctor

- Cough or fever
- Sore throat
- Fever for more than 3 days
- Vomiting or diarrhea
- Breathing problems (fast breathing, using muscles)
- Dehydration (no urine for > 6 hours)
- Abdominal pain
- Rash
- ANY other concerns
Care for Your Child - When to Call your Doctor

- Your doctor may recommend you go to the clinic or to the Emergency Room
- Do not delay if your child needs medical care
  - Examples: kidney infection, appendicitis, pneumonia, asthma, strep
- Medical emergencies can still happen during COVID-19
- Most Pediatric ERs are open and NOT very busy
What if my Child Needs Vaccines?

Vaccines for children under age 2 years old are still important!

- Common infections can be transmitted from adults to babies in close living situations and cause serious illness.
  - (Pertussis, Pneumonia, Hepatitis B, brain infections, measles, chicken pox, flu)
- If your child is under 2 years old, they should get their vaccines on time.
- Most clinics are separating healthy and sick children
  - Healthy babies in morning and sick children in afternoon
  - Limiting number of parents with child
  - Asking all patients to call before coming into the clinic
What if my Doctor’s Office is Closed?

Charles B. Wang Community Health Center is still open for care daily 10am-4pm

- We are doing video and phone visits
- We can accept new patients
- CALL us before you come in
- We have mental health and social workers for additional support

Chinatown, Manhattan:
Pediatrics: (212) 226-3888
Internal Medicine: (212) 379-6998

136-26 37th Avenue, Flushing, NY 11354
Pediatrics: (718) 886-1222
Internal Medicine: (718) 886-1200

137-43 45th Avenue, Flushing, NY 11355
Pediatrics & Internal Medicine: (929) 362-3006
How to Manage my Children at Home

- Create ROUTINE
  - Same time to wake up, remote learning, playtime, and bedtime everyday
- Allow your child to write up the daily schedule and post it on wall
- Teach them games and new hobbies: chess, drawing, cooking
- Try to get children to exercise for at least 30 minutes every day
  - If noise is a problem, consider music and dancing, pushups and squats, hula-hoops, yoga with videos
  - If it is not busy and you can walk outside, take child out for a brief walk
- Enjoy family time with a movie together or pretend play
- Depending on child’s age, answer questions and concerns from your child about COVID-19. Provide reassurance.
How to Take Care of YOURSELF

- Take a break from news and social media
- Listen to music or meditate
- Take a walk
- Take a shower
- Join online support
- Speak with friends/family
- Get enough sleep
- Ask for help from a doctor
Help/Benefits?

- Call 311
- www1.nyc.gov/site/coronavirus/index.page Information in Chinese
- Food
  - SNAP and WIC from home
  - NYC Food Delivery Assistance
  - www.Maps.nyc.gov/foodhelp/
  - Pick up 3 meals – Children and families- 7:30AM-1:30 PM. Adults: 1130 AM-1:30 PM GetFoodNYCInfo
- Rent/Housing
- Unemployment
- Health insurance
- School and Education – Ipads or laptops to chose who don’t have them
- ACS
- Domestic Violence
- Bias- reports hate crimes/attacks
- Hotels for homeless, recently discharged from hospitals, or healthcare workers and volunteers
Need Health Insurance?

- If you do not have health insurance, we have health insurance IPA’s/Navigators available to help you enroll under the New York State of Health or government benefits, including Medicaid, Child Health Plus, & Qualified Health Plan.

- For more information, call (646) 899-0444 (English, Chinese, and Korean) or (646) 906-3747 (English, Bengali, and Spanish).

- We also have a sliding fee discount based on your household income and family size.
Questions?

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