

Family Education Sheet

COVID-19 (Coronavirus Disease 2019) and
How We're Keeping Patients & Families Safe at Boston Children's Hospital



Boston Children's Hospital

View more health education materials at
www.bostonchildrens.org/familyeducation

What are the new rules about visiting patients?

In order to keep you and your family safe, and to reduce the spread of COVID-19, Boston Children's has these temporary rules in place:

Visitors

- Until further notice, only 2 adult caregivers may visit or accompany a patient at 1 time.
- Visitors under the age of 18—including siblings—may not visit. This includes visiting patients who are staying in the hospital, as well as coming with a patient to an appointment at any of our locations. It also includes coming to our Emergency Department.

Patient, family and visitor screening

- For outpatient visitors, patients and families are greeted by staff at the entrance of the main hospital. You and your child are given a mask to wear to your appointment.
 - Our staff will ask if you or your child are having any symptoms of COVID-19. If you are having symptoms, our staff will call ahead to the clinic so they can take the proper steps to keep everyone safe.
- For inpatient visitors, patients and families are greeted by staff at the entrance of the main hospital. You will get a face mask to wear.
 - Our staff will ask if you are having any symptoms. If you or other visitors are sick, we ask you to think about other visitors or support for your child.

Staff face mask policy

- Boston Children's is requiring that all employees, from administrators to doctors and nurses, wear a face mask. This is to help prevent the spread of germs. It does not mean that staff are caring for a patient with COVID-19.

For more information about our visitor policy, please visit:

childrenshospital.org/patient-resources/visitors

Scan this QR code with your camera for visitor info



What is a coronavirus?

Coronaviruses are a common kind of virus. They most often cause a cold. Sometimes coronaviruses can cause more serious illnesses.

What is COVID-19?

- The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak caused by a **novel** (new) coronavirus called **SARS-CoV-2**. This virus causes an illness called **COVID-19 (Coronavirus Disease 2019)**.
- COVID-19 first started in Wuhan, Hubei Province, China.

How does COVID-19 spread?

- Coronaviruses spread from person-to-person through tiny drops of saliva or fluids from the mouth or nose. These drops are released into the air when an infected person coughs or sneezes. If these droplets come in contact with the eyes, nose, or mouth of another person, infection can develop.
- The spread of coronaviruses usually happens when people are in close contact (less than 6 feet away) with each other.

What are the symptoms of COVID-19?

- Fever
- Cough (usually a dry cough)
- Shortness of breath or difficulty breathing

Symptoms may also include

- Tiredness/fatigue
- Body aches
- Runny nose
- Sore throat

Research shows that symptoms usually appear within about 5 days after your exposure, but it can take longer. The CDC says that symptoms of COVID-19 may start between 2–14 days after exposure (being infected by the virus).

Can my child be tested?

The Massachusetts Department of Public Health (MDPH) has created criteria for testing anyone for COVID-19. Your child's primary care provider will let you know if your child meets criteria for testing and will help you to find a testing site.

How do you treat COVID-19?

For most children with COVID-19, we are treating their symptoms. We may give them medicine to help lower their fever or an antibiotic if they have pneumonia. Very few children may need to stay in the hospital. Your child's medical team will discuss treatment options at that time.

Are children with medical or chronic conditions, such as cancer or asthma, more at risk?

There isn't a lot of evidence at this time, but we urge you and your family to take all possible precautions to prevent getting sick.

Is there a vaccine for COVID-19?

There is not a vaccine yet to prevent COVID-19.

How can I help protect my family?

- **Maintain social distance.** This means you and your child should avoid contact with other people. Keep a distance of at least six feet between yourself and others.
- **Wash your hands often with soap and water** for at least 20 seconds. Any kind of soap is OK, including natural soap. Or, use an alcohol-based hand sanitizer with 60-95% alcohol. Wash your hands with soap and water if they are visibly dirty.
- **Cover your nose and mouth** when you cough or sneeze.
- **If your hands are not clean**, don't touch your eyes, nose, or mouth.
- **Clean and disinfect areas that people often touch**, like toys and doorknobs.
- **Avoid crowds and stay home as much as possible.** Don't let your child attend social gatherings. Avoid using mass public transit if you can.

For more information

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

Scan QR codes
with your phone camera

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



Visit the CDC website:
[cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)



This Family Education Sheet is available in [Arabic](#), [Chinese Simplified](#), and [Spanish](#).