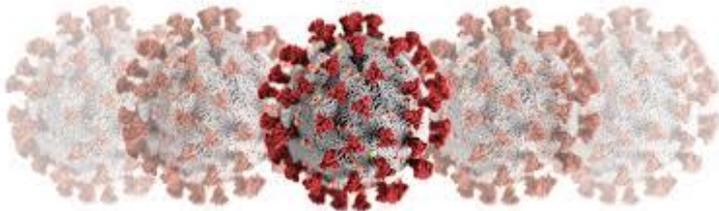




Saskatchewan
Health Authority



SASKATCHEWAN
PEDIATRIC
IMMUNOCOMPROMISED PATIENT
COVID-19 INFORMATION



About this Pamphlet

The WHO (World Health Organization) has declared COVID-19 a pandemic. The Government of Saskatchewan has also declared a State of Emergency because of COVID-19.

It is understandable that families of immunocompromised children will have special concerns about the disease COVID-19, caused by the coronavirus. Being immunocompromised because of a disease or because of immunosuppressive medications used to treat a medical condition or chemotherapy does not increase the risk of developing coronavirus infection beyond that of a healthy person. However, it may contribute to more severe disease or complications of the disease.

The purpose of this information sheet is to bring you facts about what is known about coronavirus and how COVID-19, the disease that the virus causes, might affect your child and your family. This information sheet also will explain what you can do to reduce risks associated with the condition.

Find more information on COVID-19 at:

<https://publications.saskatchewan.ca/api/v1/products/103994/formats/115659/download>

Symptoms of COVID-19

Common Symptoms:

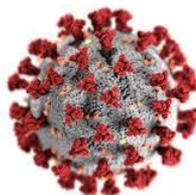
- Fever
- Tiredness
- Dry cough
- Shortness of breath
- Difficulty breathing

Some Patients Experience:

- Diarrhea
- Aches & Pains
- Nasal Congestion
- Runny Nose
- Sore Throat

What is COVID-19

- COVID-19 is a new coronavirus. Coronavirus is a large family of viruses that can cause illnesses of various severities
- In >80% of people, the virus will cause symptoms similar to a common cold such as fever and cough, starting 2 -14 days after exposure
- Children seem to be less susceptible to COVID-19 than adults. In China, < 1% of cases were in children <10yrs
- Some people including many children will not show symptoms but can still spread the virus to others
- A small number of people affected with COVID-19 will develop severe pneumonia and become critically ill
- About 2% to 3% of infected people die from the disease (20x higher than the common flu). Very few children (about 0.2% of infected children age 10-19) have died from the virus
- COVID-19 spreads by droplets expelled when a person coughs or sneezes or touching surfaces that have been contaminated
- Although complications are possible, healthy kids with confirmed cases typically have mild symptoms
- Patients whose immune system are compromised because of pre-existing conditions or medications that suppress the immune system might be at increased risk of complications from COVID-19
- Immunocompromised children do not seem to be as severely affected as immunocompromised adults
- Like most viral respiratory illnesses, individuals with COVID-19 generally recover on their own. There is no specific treatment for the COVID-19 virus although supportive therapy can be provided



PROTECT your Immunocompromised Child

- **Wash your hands** often with soap and water for at least 20 seconds. If you cannot wash your hands, use an alcohol-based hand sanitizer (>60% isopropyl alcohol). Always wash your hands if they are visibly dirty or after going to the washroom
- **Cover your coughs and sneezes.** If you do not have a tissue, cough or sneeze into your upper sleeve or the bend of your elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks.
- **Avoid touching** your eyes, nose and mouth with unwashed hands
- **Maintain safe food practices and avoid sharing household items.** This includes dishes, cups, towels, etc.
- **Avoid all non-essential travel**
- **Do not delay essential medical care** due to concern of contracting COVID-19 at hospital
- **Avoid contact** with people who are sick
- **Limit exposure** to other people by staying home
- **Practice social distancing** by maintaining 2 meters or more between you and others
- **Should I wear a mask?**
 - There is no reason to wear a mask if you are well and wearing a face mask if you are not sick does not protect you from COVID-19
 - Wear a mask if you are sick or those who are taking care of someone ill
- **Clean and disinfect common areas regularly** with soap and water, a mixture of 60-70% isopropyl alcohol (available at pharmacies), hydrogen peroxide or bleach to kill germs on high touch objects like toys, cell phones, glasses, computer keyboards, remotes controllers, doorknobs, and faucets



How can I PREPARE?

- **Don't worry** or panic as the risk of being exposed to COVID-19 and having a serious illness is low even in the immunocompromised child
- **Continue current care.** Unless instructed by your health care team do not stop any medications. Stopping therapy could make your underlying medical condition worse
- **Fill prescriptions** Look ahead for when you will need refills or new prescriptions and contact your medical team early
- **Ensure immunizations including flu shot are up to date.** By protecting yourself you can decrease the risk of coinfection as well as hospitalization
- Have a thermometer at home
- **Develop a plan** if your child or you become sick and requires self-isolation. Include plans for caregivers for any affected child as well as a different caregiver for your other children
- Make preparations with your employer and discuss work-from-home arrangements
- For medical appointments call ahead to inform the staff if your child or a family member has a cold or flu symptoms. Be prepared to have your child's appointment postponed
- **Ensure you have:**
 - Cleaning supplies, hand soap, hand sanitizer
 - non-perishable food
 - Acetaminophen as directed by your physician



WHAT TO DO if you suspect your Immunocompromised Child has COVID-19?

- **Stay home and self isolate for 14 days** if you have respiratory symptoms or suspect a COVID-19 infection
- **Use the self-assessment tool at**
<https://public.ehealthsask.ca/sites/COVID-19/>
- **Call Healthline 811**
- **Call your medical team with questions & concerns**
 - **Pediatrician most involved in your care**
 - **Pediatric oncology** in Northern SK call 306 655-1000, Southern SK call 306 766-4444. Then ask for the pediatric oncologist on call
 - **Pediatric Rheumatology** call 306 844-1067
 - **Pediatric GI** call 306 700-3700
 - **Pediatric Hematology** call 306 655-1000 and ask for pediatric hematologist on call
- **If you must go out for COVID-19 testing / treatment** wear a face mask or cover your mouth and nose. This will help stop the spread of germs from you to others. If your mask gets wet or dirty, change it and wash your hands right away

WHAT TO DO if your Immunocompromised Child is confirmed to have COVID-19?

- **Advise your medical team about the positive result to determine management and follow up**
- **Likely your child will have mild symptoms and can stay at home**
- **Self-isolate at home until 24 hours after symptoms resolve**
- **If child worsens**
 - **Call your medical team and they can instruct you on how to get your child assessed**
 - **Go to the Emergency Room or Call 911 if it is an Emergency!**