



Home Recovery Guide

For Children with COVID-19

The symptoms of COVID-19 infection are similar to that of an acute respiratory infection or pneumonia. The treatment is mainly supportive. If your child remains alert, active and continues to eat well, your child can recover at home.



Your child may experience one or more of the following:

- Fever (temperature $\geq 38^{\circ}\text{C}$)
- Cough
- Runny Nose
- Sore throat
- Loss of taste or smell
- Diarrhoea



Seek further medical attention if your child displays any of the Red Flag Symptoms below:

- Persistent Fever (temperature $\geq 38^{\circ}\text{C}$) for ≥ 5 days
- High fever $\geq 41^{\circ}\text{C}$
- Looking pale or blue
- Breathlessness/ unable to speak
- Worsening cough
- Poor feeding ($< 50\%$ of usual)
- Poor urine output (< 4 times a day)
- Significant chest pain or sensation of fast heart beats
- Severe headache
- Severe stomach pain
- Persistent vomiting
- Persistent diarrhoea
- Lethargy/unwell or sick-looking
- Increased irritability
- Symptoms of Kawasaki Disease:
 - Rash
 - Red Eyes
 - Red lips
 - Neck Swelling
 - Swollen hands and/or feet

For medical assistance, you may contact the following:

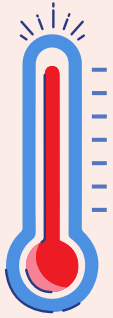
Telemedicine Providers - <https://go.gov.sg/telemedicineproviders>

Home Recovery Buddy Hotline - 68744939 (to arrange for in-person review)

Ambulance - 995 (for urgent or life-threatening events)



Caring for a COVID-19 positive child at home



Fever Management

- The management of fever for a child with COVID-19 is the same as for a child with any other viral infection.
- Further details on fever management can be found here: <https://www.kkh.com.sg/sites/shcommonassets/Assets/conditions-treatments/images/kkh/fever-in-children-kkh.pdf>



Using a Pulse Oximeter

- Your child should rest for at least 1 minute beforehand.
- The correct age-appropriate pulse oximeter should be used.
- Readings should ONLY be taken at least 30 seconds after putting the pulse oximeter on the finger.
- The accuracy of the oximeter readings is subject to the fit and positioning of the finger to the probe.
- The pulse oximeter measures 2 vital signs - Oxygen saturation and Heart Rate. The normal ranges are as follows:

Troubleshooting:

- Rest for 5 minutes, then retake 2 measurements (5 minutes apart).
- You can also confirm your child's heart rate manually by placing your hand on your child's chest and counting the beats.
- If 2 out of 3 readings are abnormal, please seek further medical attention.

Normal Measurement Values	Oxygen Saturation (SpO2)	Heart Rate (Age-Dependent)	
	>95% (good signal from probe)	3 months to 1 year old	80 to 140/min
1 to 6 years old		75 to 130/min	
6 to <10 years old		70 to 110/min	
10 to <15 years old		60 to 90/min	



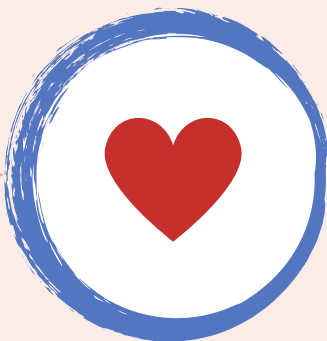
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How can my Home Recovery Buddy help?

- Onboarding onto Home Recovery Programme (HRP).
- Arranging for transfer to care facility for isolation, as an alternative to HRP.
- Arranging for delivery of equipment (e.g. pulse oximeter).
- Arranging for non-urgent medical reviews.
- Other non-medical assistance.

Home Recovery Buddy Hotline - 68744939



Discharge Process

- Your child may exit self-isolation via a negative self-administered ART after 72 hours.
- If positive, continue to do ART daily until negative or automatically discharged on Day 7 (fully vaccinated or <12 years old) or Day 14 (unvaccinated or partially vaccinated).
- At the end of the isolation period, your child will automatically receive the following:-
 - Discharge SMS
 - Recovery Memo - <http://go.gov.sg/recoverymemo>



Regular Testing & Vaccination

- Your child will be exempted from PET (pre-event testing) or RRT (routine rostered testing) for 180 days from the start of their infection.
- If your child has not been vaccinated or has only received 1 dose of the vaccine, it is recommended to receive a single dose of an mRNA vaccine at least 3 months after the date of diagnosis.



Useful Resources

COVID-19 Information

<https://www.covid.gov.sg>

Close Contact of COVID-19 Positive Case

<https://www.covid.gov.sg/exposed/hrw>

Eligibility for Home Recovery Programme

<https://www.covid.gov.sg/unwell/hrp>

ART Test Kits

<https://www.gowhere.gov.sg/art>

Testing at PHPC/SASH Clinics

<https://flu.gowhere.gov.sg>

Telemedicine Providers

<https://go.gov.sg/telemedicineproviders>

Home Recovery Buddy Hotline

68744939

Recovery Memo

<http://go.gov.sg/recoverymemo>

Home Recovery FAQ

<https://www.kkh.com.sg/Documents/covid19-resources/home-recovery-faq.pdf>

Cleaning and Disinfection Guidelines

<https://www.nea.gov.sg/our-services/public-cleanliness/environmental-cleaning-guidelines/guidelines/cleaning-and-disinfection-guidelines-for-households-on-home-recovery>

'What do I do if I'm COVID positive' e-book

<https://mumumstheword.files.wordpress.com/2022/02/what-do-i-do-if-i-am-covid-positive-20.2.22-2.pdf>