



## Discharge Guidelines for Parents and Their Children During Influenza Like Illness Outbreak (COVID-19)



The Saskatchewan Health Authority is committed to providing you and your child with accurate advice and support upon your discharge. If you need information regarding COVID-19 please go to [www.saskatchewan.ca](http://www.saskatchewan.ca) where you will find self-assessment, self-isolation, and self-monitoring guides.

- If you are feeling unwell, complete the COVID-19 Self-Assessment tool at [www.saskatchewan.ca](http://www.saskatchewan.ca).

***Do not delay essential medical care due to the concern of contracting COVID-19 at the hospital.  
The hospital is safe for medical emergencies.***

### General Information

- It is important to reduce the spread of COVID-19 and prevent transmission.
- With a newborn baby, your child will have a 1 to 2 week in person visit with your health care provider. Your health care provider will complete an exam, weigh your baby, check for jaundice, discuss any feeding issues, and ask about any concerns you may have.
- When being discharged from the hospital, your health care provider may give you forms for bloodwork or instructions for other testing or appointments for you and/or your child. There are many resources and information regarding children and COVID-19 on the Government of Saskatchewan website under [Resources for Parents](#) and the [Infection Control Tips document](#).

### COVID-19 and Children

COVID-19 spreads from person to person through close contact or is spread from object to object. It can take up to 14 days for symptoms of COVID-19 to develop after being exposed to the virus. People can have no symptoms, mild symptoms, or serious disease and complications. Based on what we know, children are not at higher risk for COVID-19 infection than adults.

The risk of infecting your child depends on the amount of interaction. The symptoms of COVID-19 infection are similar for children and adults, and are similar to the symptoms of other viral infections (e.g. the common cold). **Symptoms specific to your child include:**

- Cold symptoms such as runny or stuffed-up nose, cough, sore throat.
- Stomach pain, nausea, vomiting and diarrhea have been reported in a small number of cases.
- Fever or low temperature (less than 36.5 or greater than 37.5).
- Your child is coughing so badly that they are not sleeping or they are gagging / vomiting.
- Your child appears to be having a hard time breathing. They are breathing fast or you see them working harder to breath (for example the skin between the ribs or lower neck is sucking in).
- You see changes in your child's skin color or a rash.
- Your child is not eating.
- You are concerned that your child is having diarrhea and/or not peeing or having enough wet diapers.

**If your child has symptoms or you are concerned, call your health care provider.**

**If your child has:**

- Severe difficulty breathing.
- Skin colour changes that are blue or grey.
- Difficulty waking up or losing consciousness.
- Confusion.

**Go directly to your nearest emergency department or call 911 if it is an emergency.**



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### Going home to an area of outbreak

You should take precautions to avoid getting COVID-19, for example;

- wash your hands often,
- practice physical distancing when out of the house,
- avoid touching your face,
- wear a non-medical mask when you cannot physically distance,
- keep your interactions with others to a small number (a small bubble of people),
- limit visitors,
- follow the current direction from public health.

### Going home to a home where someone you live with has COVID-19

If an ill person is sharing accommodations with someone who might be vulnerable to infection – those with suppressed immune systems or chronic illness, pregnant women, infants and adults over 65 – relocation is advised to reduce the risk of severe illness for the vulnerable person.

If you are sharing your home with someone who has COVID-19 or if you or someone in your home begins to have symptoms of COVID-19 make sure;

- that everyone self-isolates (see the [Government of Saskatchewan information on self-isolation](#)),
- to call Health Line 811 for information on assessment and testing,
- to stay and sleep in a room with good airflow that is away from others,
- to use a separate bathroom if you can,
- in addition; if you have to share space, make sure the room has good airflow by opening the window to increase air circulation.

If you need to feed or care for your child/children while you or your child are COVID-19 positive, you can still reduce the risk of transmission by;

- frequent handwashing,
- wearing gloves if you're caring for a newborn or small children,
- wear a mask while in your home,
- not sharing towels, beds, electronic devices, utensils, food or drink,
- clean and disinfect surfaces that are used often and shared by everyone in your home
- have someone else prepare food for your family or use a pick-up or delivery service for food.

If you have COVID-19 or are too ill to care for the child, you should see if there is a caregiver outside of the home that can take care of your children. If you are breastfeeding, you can continue to express or pump your breastmilk. You can find more information in the Saskatchewan Health Authority document [COVID-19 and Feeding Your Baby](#). The alternate caregiver should be someone who is not at higher risk of severe illness.