

Children &
Adolescents' Version



COVID-19 HOMECARE GUIDEBOOK

How to Manage COVID-19 at Home



MINIMIZE YOUR WORRIES AND MAXIMIZE
YOUR KNOWLEDGE ON HOME QUARANTINE

Table of Contents

1. COVID-19 IN PAEDIATRICS

a. INTRODUCTION.....	01
b. COVID-19 PATIENT CATEGORIES.....	02
c. CRITERIA FOR HOME MONITORING.....	03
d. SIGNS AND SYMPTOMS OF COVID-19 IN CHILDREN.....	04
e. WARNING SIGNS TO LOOK OUT FOR IN CHILDREN.....	05
f. MANAGEMENT OF SYMPTOMS FOR CHILDREN WITH COVID-19.....	06

2. WHAT TO DO IF A FAMILY MEMBER IS A COVID-19 POSITIVE PATIENT?

a. STEPS TO TAKE IF A FAMILY MEMBER IS A COVID-19 POSITIVE PATIENT....	07
b. MYSEJAHTERA DAILY ASSESSMENT.....	08
c. CHILDREN THAT ARE AT HIGH RISK OF COVID-19 INFECTION.....	09
d. MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN (MIS-C).....	10,11
e. HOW TO SELF QUARANTINE AT HOME ? : DOs.....	12
f. HOW TO SELF QUARANTINE AT HOME ? : DON'Ts.....	13

3. CAREGIVERS & TALKING ABOUT COVID-19

a. HAND SANITIZER SAFETY.....	14
b. WHO ARE NOT SUITABLE TO BE A CAREGIVER ?.....	15
c. HOW TO TALK ABOUT COVID-19 WITH YOUR CHILDREN.....	16
d. HOW TO TEACH CHILDREN COPING WITH COVID-19.....	17

4. BABIES AND MOTHERS.....18,19

5. DOC2US COVID-19 HOME CARE PLAN.....20

6. EMERGENCY CONTACT LIST.....21

7. REFERENCES.....22



A Guidebook to COVID-19 in Paediatrics



WHAT IS PAEDIATRICS?

Paediatrics is a branch of medicine that focuses on the medical care of infants, children and young adolescents.

* They will be referred to as 'children' in the rest of this guidebook

THIS GUIDEBOOK IS APPLICABLE FOR:



Infants

From birth
to
2 years of age



Children

2 - 12 years of age



Adolescents

Early: 11 - 14 years of age
Middle: 15 - 17 years of age
Late: 18 - 21 years of age

Unlike its adult counterpart, COVID-19 is a predominantly mild, self-limiting disease in children. The management of COVID-19 in paediatrics mostly focuses on the prevention of transmission to others, monitoring for worsening symptoms and supportive care.

Note: Age classification is based on The American Academy of Paediatrics



LEARN MORE ABOUT THE PLAN HERE

COVID-19 Patient Categories

CAT 1

No symptom

CAT 2

Mild symptoms (fever, nasal congestion, sore throat, cough, lethargy, loss of smell or taste, vomiting and diarrhoea)

CAT 3

Lungs infection (pneumonia)

CAT 4

Lungs infection (pneumonia), need oxygen support

CAT 5

Lungs infection (pneumonia), multiorgan failure, need ventilator support



[LEARN MORE ABOUT THE PLAN HERE](#)

Criteria for Home Monitoring



COVID-19 CAT 1

- 1 All children (any age groups) with or without comorbidities
- 2 With suitable caregivers



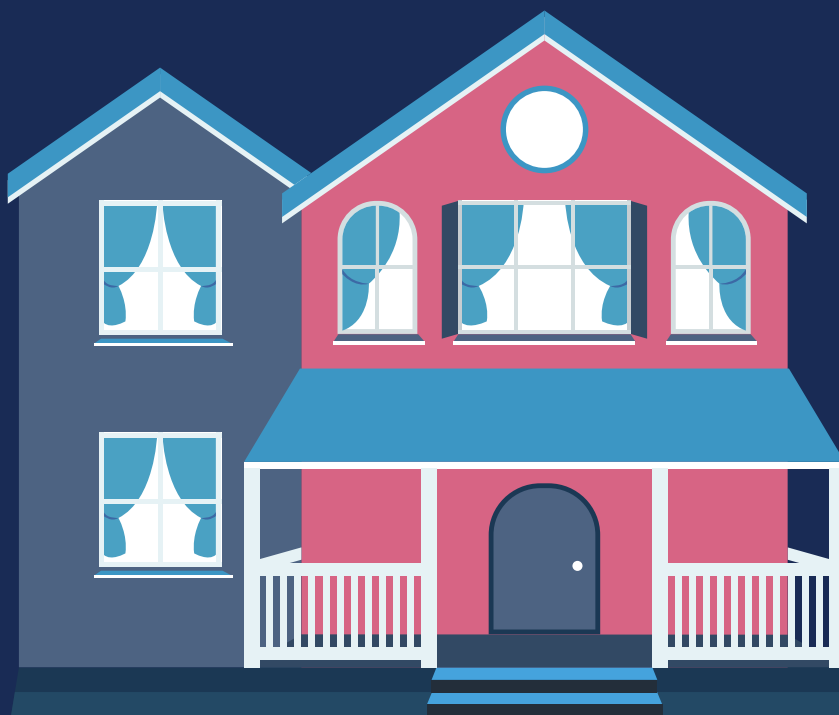
COVID-19 CAT 2 Mild

- 1 Two years old and above with NO comorbidities
- 2 With suitable caregivers



OTHER CRITERIA

- 1 Suitable home condition
- 2 Able to adhere to Standard Operating Procedure (SOP)



Signs and Symptoms of COVID-19 in Children



Coughing



Diarrhoea

Fever



Vomiting



Headache



Fatigue



**Shortness of
Breath**



**Loss of
Taste and Smell**



NOTE: This is not a complete list of possible symptoms. Please contact a healthcare professional for any other symptoms that are severe or concerning to you.



[LEARN MORE ABOUT THE PLAN HERE](#)

Warning Signs to look out for in children

Please seek **immediate medical assistance** in a nearby clinic **or call 999** if your child has these symptoms



Seizures

Warning signs for seizure may include:
Stiffening of the body, flailing arms and legs,
staring and/or periods of rapid blinking

Persistent or Worsening

- Fever
- Cough
- Vomiting
- Diarrhoea



Fatigue & Inactivity



Reduction in Urine Output



Difficulty Breathing, Chest OR Stomach Pain



Cold Hands and Feet OR Blueish Fingers / Lips



Poor Feeding, Difficulty Eating OR Drinking



Management of Symptoms for Children with COVID-19

Since the infection is usually mild in children, supportive care is suggested for all cases. However, some children may continue to experience symptoms of COVID-19 after their initial recovery.



Fever: Paracetamol*



**Cough:
Cough Syrup as per needed***



**Runny Nose: Antihistamine or
Nasal Decongestant***



**Sore throat: Lozenges
or gargle with salt water**



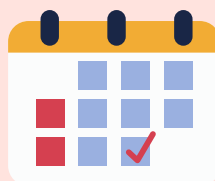
* NOTE: Please consult your child's doctor before using any medication.

Health Tips

**Adequate
Night-time Sleep**



**Maintain a
Consistent
Daily Schedule**



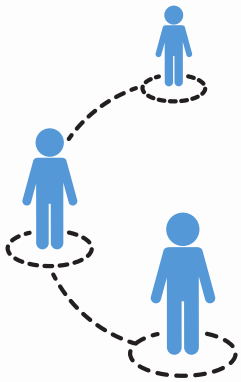
**Adequate
Hydration
and Nutrition**



[LEARN MORE ABOUT THE PLAN HERE](#)

Steps to take if a Family Member is a COVID-19 Positive Patient

Children are usually at risk for COVID-19 when a family member or close contact is tested COVID-19 positive.



1 Home Isolation & Physical Distancing

Isolate your child from infected family members till the child is tested. Ensure physical distancing or proper isolation if they are not tested yet.

2 Self-Test Kit / RT-PCR / RTK Antigen Test

Test your child for COVID-19 using a self-test kit at home.

OR

Test your child for COVID-19 by screening at private or government healthcare facilities.

3 Reporting Positive Cases to CAC

Report to COVID-19 Assessment Center (CAC) if your child is tested positive for COVID-19.

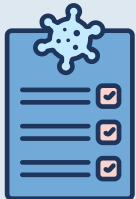
Receive Home Surveillance Order (HSO) & undergo home isolation for 10 days.



4 Self Reporting at MySejahtera

Report at MySejahtera if your child is tested positive for COVID-19. You will receive the Home Assessment Tool notification for your child daily throughout your quarantine period.

Do note that this is only applicable if your child is listed as your dependent



5 Self-Monitoring

Update MySejahtera status, monitor for symptoms using Home Assessment Tool.

Seek Medical Attention if there are any concerns



6 After 10 Days

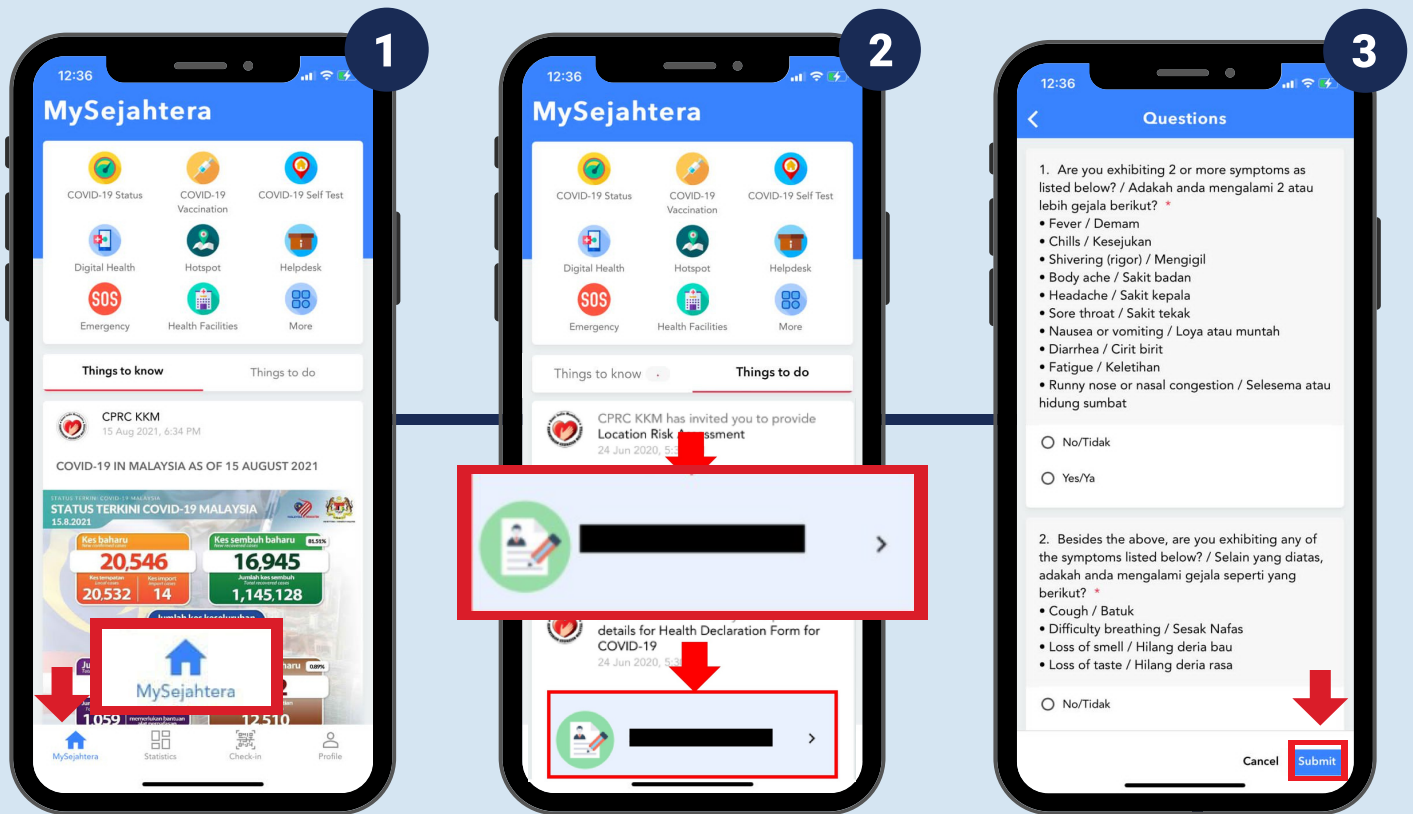
Your child may end his / her HSO and home isolation.

However, if he / she had any COVID-19 symptoms during this period of 10 days, do contact your doctor or CAC to consider extending his / her quarantine to 14 days.




LEARN MORE ABOUT THE PLAN HERE

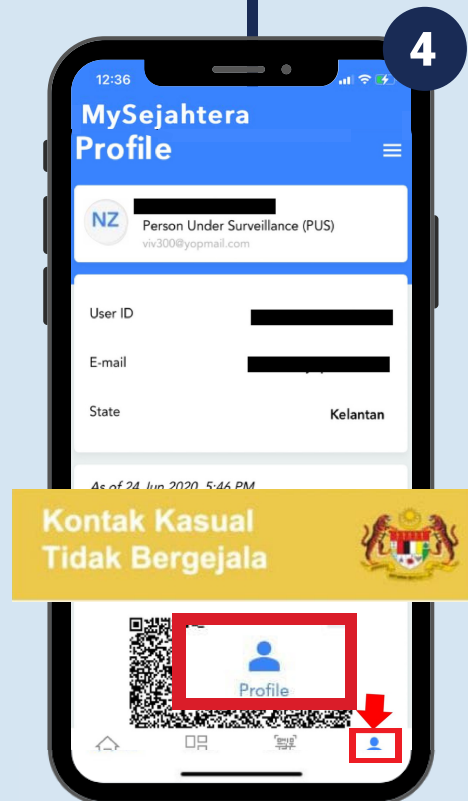
MySejahtera Daily Assessment



- 1** Open MySejahtera application and click Home
- 2** Click on "Things to do" and click to answer "Health Assessment for COVID-19"
- 3** Answer all questions and click Submit
- 4** Your Dependent's Health Assessment Status will be updated

**Repeat These Steps For 10 Days OR
Until the End of Your Dependent's Quarantine Period**

 **Do note that your dependent's health assessment status will be shown below your own.**



Children that are at High Risk of COVID-19 Infection



IMMUNOCOMPROMISED CHILDREN

- Post organ transplant
- On chemotherapy/immunosuppressive medications
- On long-term steroids

UNDERLYING COMORBIDITIES

- Cardiovascular (Heart) Disease
- Obesity
- Chronic Lung Disease
- Neuromuscular Disease
- Specific Genetic and Metabolic Disease



YOUNG AGE

The younger the children, the higher the risks

Conditions that are **NOT** considered as comorbidities

- | | | |
|--|---|---|
| <ul style="list-style-type: none">● G6PD Deficiency● Stable Congenital Heart Disease (not in failure or fully corrected conditions) | <ul style="list-style-type: none">● Children taking Aspirin● Autism● ADHD● Hypertension● Slow Learner | <ul style="list-style-type: none">● Premature Birth (with no other complications)● Thalassemia Trait● Intermittent Bronchial Asthma |
|--|---|---|

Please consult your healthcare professionals if you are unsure or would like to know more about the risks of COVID-19 infection in children.



[LEARN MORE ABOUT THE PLAN HERE](#)

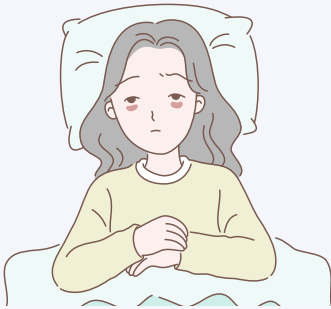
Multisystem Inflammatory Syndrome In Children (MIS-C)

WHAT IS MIS-C?



Usually occurs 2-6 weeks after COVID-19 infection

- Inflamed body parts (heart, lungs, kidneys, brain, skin, eyes or gastrointestinal organs).
- Many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19.
- Can be serious, even deadly but children with MIS-C tend to show good recovery with appropriate treatment.



SIGNS & SYMPTOMS OF MIS-C

PERSISTENT FEVER (24 HOURS OR MORE) AND

Stomach pain

Diarrhoea

Chest tightness / pain

Persistent vomiting

Feeling extra tired

Low blood pressure

Rash

Neck pain

Conjunctivitis / red eye

Headache

Altered mental status

Enlarged lymph nodes

Redness / swelling of hands / feet



[LEARN MORE ABOUT THE PLAN HERE](#)

Warning signs of MIS-C

1



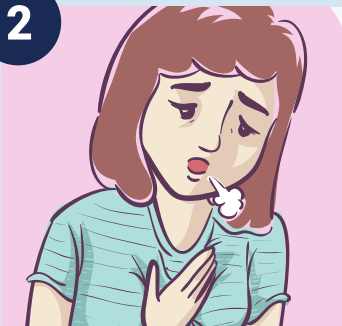
Feeling weak and tired / sleepy

3



Abnormal behaviour / impaired conscious level

2



Difficulty breathing

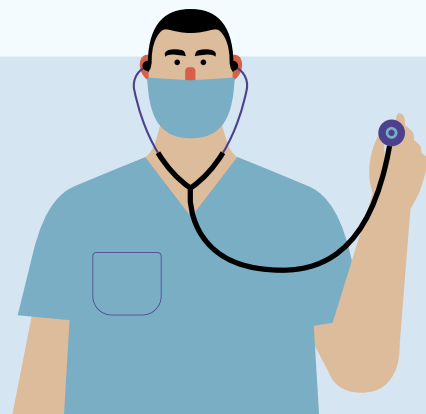
4



Pale, skin mottled, blue-colored

WHAT TO DO IF YOU THINK YOUR CHILD IS SICK WITH MIS-C?

Contact your child's doctor, nurse or clinic right away.



LEARN MORE ABOUT THE PLAN HERE

How to self-quarantine at home?

DOS

Practice proper coughing & sneezing etiquette

Cover your mouth and nose with a tissue when coughing or sneezing.



Disinfect frequently touched areas

Door knobs, light switches and any other items the patient had come in contact with. For contaminated items, put in a trash bag and wash your hands afterwards.



Laundry should be washed separately

If you are helping a patient to do his laundry, wash your hands afterwards.

If possible, it is advised to wash laundry at the warmest setting or with warm water.



Patient's waste

All contaminated items (items used by patient) or rubbish should be separately disposed of in a plastic bag by the patient.

Whilst handling these items, the patient should wear a mask, face shield, and sanitize their hands after cleaning.



Wear a mask

The patient should wear a mask whenever he/she has to leave the room, to prevent spread of infection.



Prepare a room for patient

Stay away from other people in your home. If sharing bathroom, clean after each use with liquid bleach (1 part of bleach + 49 parts of water).



How to self-quarantine at home?

DON'TS

Do not share personal items/food

Avoid sharing dishes, cups/glasses, towels, bedding, electronics.



Strictly no visitor

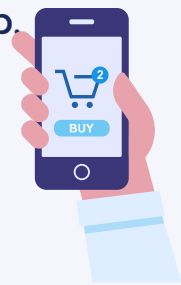
Do not have visitors in your home, including friends and family – except for people providing essential care.



Do not go out to get food and medicine

Order it online or by phone, or ask someone to bring it to your home and leave it at the doorstep.

DOC2US provide medication delivery too!



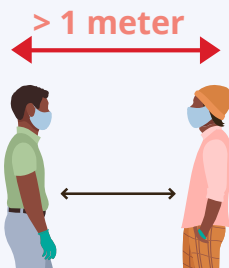
Do not go out to exercise

Exercise in your own quarantine room.



Avoid face to face interaction

If unavoidable, must wear a mask when face to face and maintain a physical distance of >1m.



Do not miss contact tracing

Parents/adult caretaker is likely the index case. Therefore, if a child is positive, an adult in the household is likely to be positive.

Other adults who are not tested positive should not miss contact tracing by CPRC/KKM.

[CLICK HERE TO READ MORE](#)



[LEARN MORE ABOUT THE PLAN HERE](#)

Hand Sanitizer Safety

SOAP AND WATER

Washing your hands with soap and water is preferred whenever possible

BUT

ALCOHOL- BASED HAND SANITIZERS

Alcohol-based hand sanitizers are also safe for children to use



HOWEVER

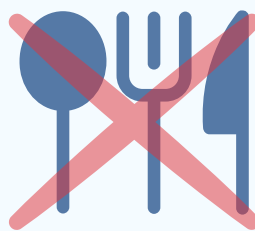
Children < 6 years old should be supervised when using alcohol-based hand sanitizers

Ensure that children use sanitizers in a well ventilated area



Inhalation of alcohol vapors may cause:
Dizziness, Headaches,
Nausea

Take caution that children do not ingest sanitizers



Ingestion of sanitizer may cause:
Alcohol Poisoning

Keep sanitizers away from eyes



Chemical exposure to eyes may cause:
Severe Injury

Keep Alcohol-Based Hand Sanitizers away from reach and sight of children



LEARN MORE ABOUT THE PLAN HERE



Not Suitable to be a Caregiver

IF THEY ARE

Adults > 60 years old

Obese person (BMI > 30kg/m²)

AND PEOPLE WITH

Chronic obstructive pulmonary disease (COPD)

Immunocompromised (inclusive of solid organ transplants recipients)

Chronic kidney disease

Type 2 diabetes mellitus

Sickle cell disease

Pregnant women

Serious heart conditions : heart failure, coronary heart disease, cardiomyopathies

Other high-risk diseases

Caregivers should **NEVER**

- 1 Use bleach on food products
- 2 Apply household cleaning and disinfectant products onto their skin
- 3 Ingest or inhale household cleaning and disinfectant products



[LEARN MORE ABOUT THE PLAN HERE](#)

How to talk about COVID-19 with your children

••• Take your time to talk

Be mindful of how you talk about COVID-19. Your discussion about COVID-19 will affect how children perceive the situation, whether it increases or reduces their fear. Let your children's questions guide you. Answer their questions truthfully and concisely. Children will feel empowered if they can control some aspects of their life, which helps to reduce their fear.

KEEP EXPLANATIONS AGE-APPROPRIATE



EARLY ELEMENTARY SCHOOL CHILDREN

Provide brief, simple COVID-19 information and reassure them that adults will keep them healthy and take care of them if they get sick.

UPPER ELEMENTARY & EARLY MIDDLE SCHOOL CHILDREN

This group of children are more vocal about their questions. Assist them in separating reality from rumors and fantasies. Discuss the efforts that national and community leaders are doing to prevent the virus from spreading.



UPPER MIDDLE & HIGH SCHOOL STUDENTS

The issue can be discussed more in-depth with them and you can refer them to appropriate sources of COVID-19 facts. Engage them in decision-making about family plans, scheduling, and helping with house chores.



How To Teach Children Coping with COVID-19

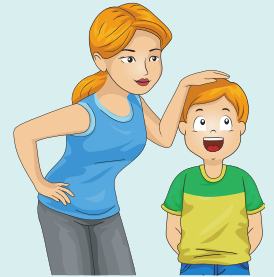
Help children find positive ways to express feelings

Children feel relieved if they can express and communicate their feelings (such as fear and sadness) in a safe and supportive environment



Be a role model

- Stay calm, listen, offer reassurance
- Demonstrate deep breathing techniques to calm ourselves
- Focus on the positive, offer love and affection



Monitor television, internet, and social media viewing

- Avoid showing inappropriate information to children
- Dispel rumors and inaccurate information
- Provide alternative activities



Healthy lifestyle practices

Build the immune system by encouraging them to:

- Eat a balanced diet
- Get enough sleep
- Exercise regularly



Basic hygiene practices

- Singing "Happy Birthday" twice while washing hands (20 seconds)
- Compliment your children when they sneeze or cough into the bend of their elbow
- Teach them the importance of throwing away used tissues immediately after sneezing or coughing



Be aware of your children's mental health

Watch out for the signs:

- Preschoolers - thumb sucking, bedwetting, clinging to parents, sleep disturbances, loss of appetite, fear of the dark, behavioral changes and withdrawal
- Kindergarten children - irritability, aggressiveness, clinginess, nightmares, school avoidance, poor concentration, withdrawal from activities and friends
- Adolescents - sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior and poor concentration



Foster a sense of control

Guiding and teaching your children on the methods of infection prevention (hygiene and lifestyle practices) offers them a greater sense of control to help reducing anxiety



Babies and Mothers

FAQ SECTION

HOW DO BABIES USUALLY GET INFECTED ?

When their caretaker is infected or during childbirth

WILL BREAST MILK SPREAD THE COVID-19 VIRUS ?

Current evidence suggests that breast milk is unlikely to spread the COVID-19 virus to babies



COVID-19 Vaccination is recommended for

- 1 All people aged 12 years and older
This includes people who are pregnant, breastfeeding, planning to be pregnant or might be pregnant in the future
- 2

HOW TO REDUCE THE RISK OF A NEWBORN BABY FROM GETTING INFECTED FROM COVID-19 ?

Part 1. Even if you (the mother) are not COVID-19 Positive



WASH YOUR HANDS FREQUENTLY

Before breastfeeding or expressing breast milk, wash your hands with soap and water for at least 20 seconds

If soap and water is not available, use a hand sanitizer (at least 60% alcohol)

Part 2. If you are waiting for your COVID-19 test result



WEAR MASKS &

FOLLOW-UP FREQUENTLY WITH THE BABY'S HEALTHCARE PROVIDER

Through phone calls or virtual consultations



LEARN MORE ABOUT THE PLAN HERE

Babies and Mothers

Part 3. Child Care if you are COVID-19 Positive

Breastfeeding / Expressing Breast Milk

- 1 Use a breast pump (not shared), if possible
- 2 Wash your hands before breastfeeding, before touching pumps or bottles and before expressing breast milk
- 3 Wear a mask when breastfeeding / expressing breast milk
- 4 Ensure that all the parts that come in contact with breast milk are properly cleaned
- 5 Allow a healthy caregiver to feed the expressed breast milk to the baby
The caregiver should:
 - Be fully vaccinated (at least two weeks after receiving all the needed doses of COVID-19 vaccine)
 - Not be at increased risk of severe illness from COVID-19
 - Always wear a mask when caring for the baby
- 6 Cover your nose and mouth with a tissue whenever sneezing or coughing and wash your hands immediately after that
- 7 Reduce physical contact with the baby. Hold the baby only when necessary (eg. when breastfeeding)
- 8 Maintain physical distancing with the baby whenever not breastfeeding
- 9 Clean and disinfect all surfaces touched by the infected mother
- 10 Ensure that the room is well ventilated



DOC2US COVID-19 Home Care Plan

Don't worry, DOC2US got you covered!



**Physical
Doctor
Visit x1**



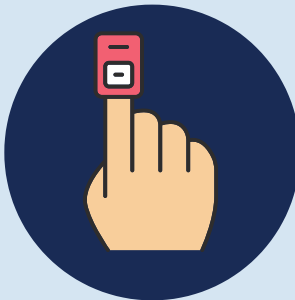
**Daily Virtual
Monitoring
by Nurse**



**Unlimited
Teleconsultation**



**Free
Medication
Delivery**



**Pulse
Oximeter**



**Covid Care Pack:
Mask, Sanitizers,
Difflam, Panadol,
Vitamin C**



[LEARN MORE ABOUT THE PLAN HERE](#)

RM 599
10 DAYS PACKAGE



Physical Doctor Visit
for assessment & consultation on 1st day



Daily Monitoring
virtual monitoring by nurse



Unlimited Teleconsultations
with doctors and nurses



Pulse Oximeter
MDA Approved



Medication Delivery
express delivery within 2 hours*



Covid Care Pack
sanitising set, medications & supplements



Homecare Digital Guidebook
useful guide for mild covid-19



Food & Groceries Voucher
exclusive deals for home care subscribers



Home Isolation Discharge Letter
As per KKM regulations

RM 399
FOR CAREGIVER



Daily Monitoring
virtual monitoring by nurse



Unlimited Teleconsultations
with doctors and nurses



Medication Delivery
express delivery within 2 hours*



Covid Care Pack
sanitising set, medications & supplements



Homecare Digital Guidebook
useful guide for mild covid-19



Food & Groceries Voucher
exclusive deals for home care subscribers



Home Isolation Discharge Letter
As per KKM regulations

+ ADD-ON DEALS:

- Thermometer **RM 169**
- BP Machine **RM 145**
- RT-PCR Test **RM 180**
- 2L Sanitizer **RM 49**
- Immune boosters **RM100**
- Health Screening Test **50% OFF**
- Oxygen Concentrator rental*

(subject to availability)

***TERMS AND CONDITIONS APPLY**

- The patient's eligibility for the package must be verified by a healthcare provider. (This care plan is suitable for Cat 1 & Cat 2 only)
- If the patient requires a hospital admission after verification, this package does not guarantee a hospital admission.
- Strictly non-sharing and non-refundable and payment term has to be as per company policy.
- Other T&C apply.

Our Partners:



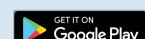
#DemiNegara



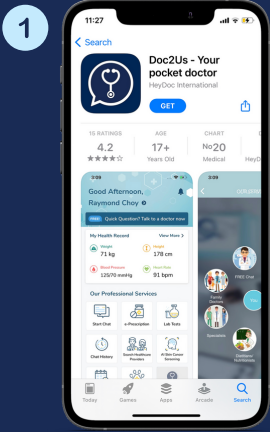
ENQUIRY:

019-3967828 (8AM-4PM)
019-5693828 (4PM-12AM)

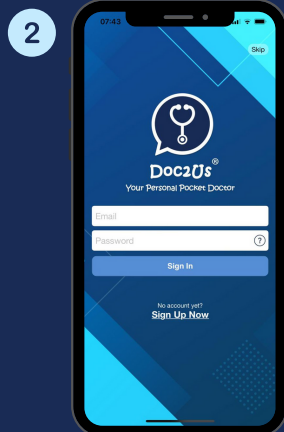
DOWNLOAD OUR APP NOW



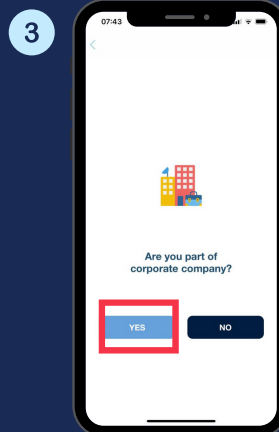
HOW TO USE THE COVID-19 HOME CARE PLAN SERVICE?



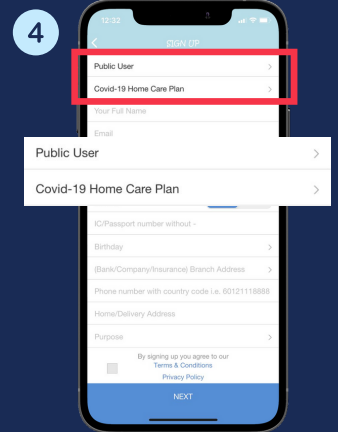
1 Download DOC2US App (Scan QR code)



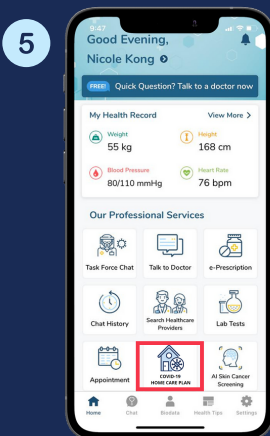
2 Sign Up



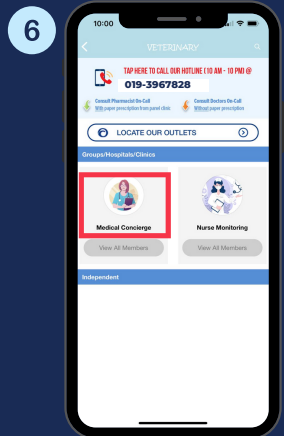
3 Select "Yes" for Corporate Company



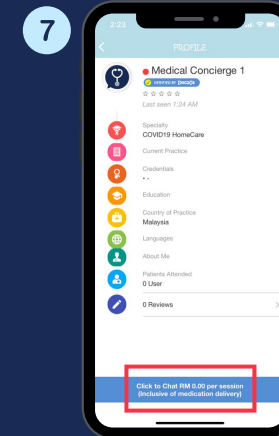
4 Select "Public User"



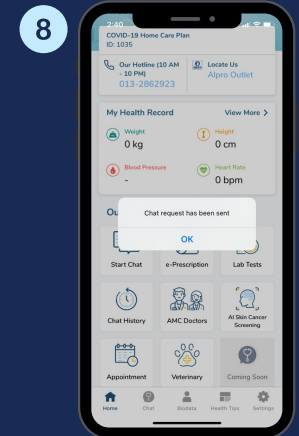
5 Select the COVID-19 Home Care Plan Service icon (as indicated)



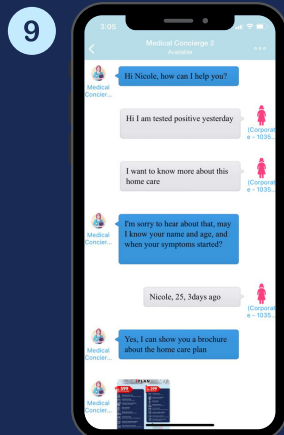
6 Select Medical Concierge



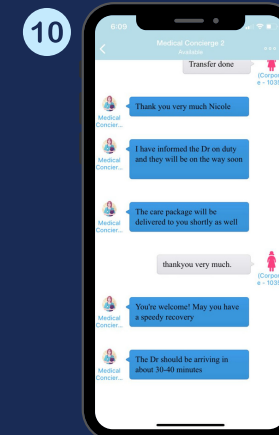
7 Click "To chat"



8 Chat Request has been sent



9 A Medical Concierge will reach out to you



10 Select your Home Care Plan

Emergency Contact List

When should you seek medical help?

When your child experiences the **warning signs**

When your child experiences **Multisystem inflammatory syndrome in children (MIS-C)**



KKM Hotlines (8am-12am)

03 - 7723 9300

03 - 8881 0200

03 - 8881 0600

03 - 8881 0700



KKM Whatsapps

013 - 927 9454

010 - 969 9435



COVID-19 Psychosocial Support Hotlines (6am-5pm)

03 - 2935 9935

014 - 322 3392

011 - 639 96482

011 - 639 94236

From Mon to Fri



References

1. The American Academy of Paediatrics | The Age Limit of Paediatrics
2. Family Health Development Division Ministry Of Health Malaysia | Guidelines On Home Monitoring And Clinical Protocol At Primary Care For Category 2 (Mild) Confirmed COVID-19 Cases By Private Medical Practitioners (Fifth revision dated 18 August 2021)
3. Kementerian Kesihatan Malaysia
4. UpToDate | COVID-19 Management In Children
5. National Association of School Psychologists (NASP) | Helping Children Cope With Changes Resulting From COVID-19
6. Mayo Clinic | Coronavirus In Babies And Children
7. CDC | Breastfeeding And Caring For Newborn If You Have COVID-19

*“All kids need is a little help,
a little hope and somebody who
believes in them.”*

- Magic Johnson



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Produced by:

DOC2US



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