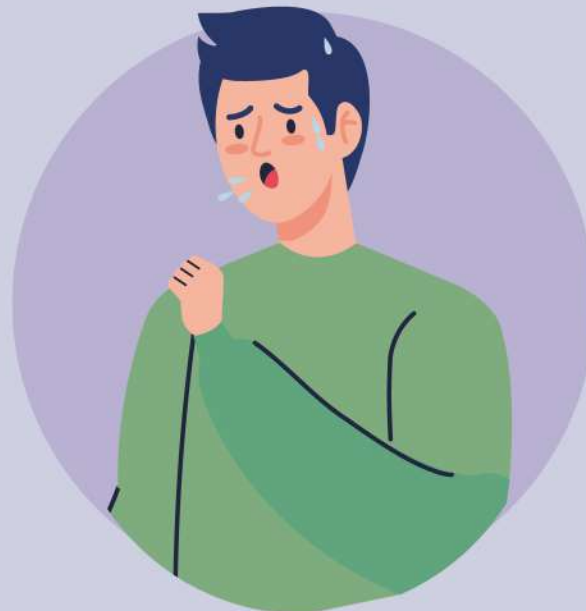


Symptoms of SARS-CoV-2 Omicron variant



Runny nose



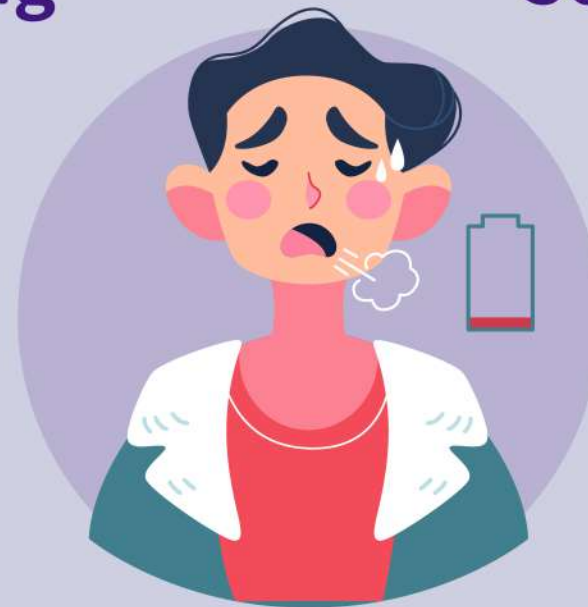
Sneezing



Sore throat



Headache



Myasthenia of limbs



Symptoms of COVID-19: fever, cough, runny nose, sore throat, fever and chills, nauseous and vomit, diarrhea, myasthenia of limbs and headache.

Points to note for parents and caregivers staying at home taking care of children and adolescents diagnosed with COVID-19

Record

Onset of symptoms

Date

Time

Regularly observe

Temperature

Food intake

Frequency and volume
of urination and defecation

Observe and record symptoms

cough, runny nose, sore throat,
vomiting, etc.

Deterioration of the condition

paleness and shortness of breath

Normal body temperature

36.5 - 37.5°C

If a child is suspected to have a fever, use an ear probe thermometer to measure their temperature every 4 hours. Paracetamol could be taken for mild fever, headache and sore throat.

Maintain healthy living habits

The best way to boost immunity and fight against the new coronavirus

Maintain healthy living habits

1. Eat more fresh vegetables and fruits



2. Maintain moderate physical activities



3. Have adequate rest and sleep




Maintain children's personal hygiene

1. Wash hands frequently, or use alcohol-based hand sanitiser. Avoid contact with eyes, nose and mouth before thoroughly washing your hands.
2. Cover mouth and nose with a tissue when coughing or sneezing, then carefully dispose of the tissue in a covered trash can.
3. After using the toilet, cover the toilet seat before flushing, and then wash hands thoroughly afterwards.
4. Where possible, the child and caregiver stay in the same room with the door closed. Try to avoid contact with other people, and do not leave home.
5. The child and caregiver are required to wear surgical masks at all times.

If the home environment allows, please arrange a dedicated toilet for the child. If you can't arrange it, don't put your family's supplies in the bathroom.

Maintain household hygiene




Pour water into the ground canals to reduce the water level every day




The child should not share personal items with others



Clean home with a 1:99 dilution of household bleach daily



Clean the child's toys and areas with the child's secretions (e.g., sneeze, cough, faeces) daily with a 1:49 dilution of household bleach



Open windows to maintain air circulation



Covid-19 recovery



Parents and carers do not need to be too concerned as most coronavirus patients will recover gradually. Most patients do not need to take antiviral drugs. The fever will last about two to three days. Please wait patiently for further arrangements from authorities.



When to call an ambulance and send the child to hospital?



The child should be sent to hospital immediately if the child develops symptoms such as difficulty in breathing, blue lips, chest pain, rapid heartbeat, impaired mental state, continued fever, spasm or difficulty in eating.

