

KANAK-KANAK YANG DIJANGKITI COVID-19

APAKAH COVID-19?

COVID-19 ialah sejenis jangkitan disebabkan oleh virus Corona, yang dinamakan SARS COV 2. Jangkitan ini menyebabkan simptom serupa flu. Ianya mudah tersebar dan telah menjangkiti ramai orang di seluruh dunia termasuk kanak-kanak.

APAKAH SIMPTOM COVID-19?

Simptom yang lazim dihadapi ialah:

- Demam panas (dengan suhu $\geq 38^{\circ}\text{C}$)
- Batuk
- Selsema
- Sakit tekak
- Hilang deria bau dan rasa
- Merasa terlalu letih
- Sakit otot/badan
- Cirit-birit atau muntah-muntah

Ada sebilangan kanak-kanak menghadapi simptom teruk manakala ada yang lain tidak menghadapi sebarang simptom.

ANAK SAYA DISAHKAN POSITIF BAGI COVID-19. APAKAH YANG HARUS SAYA LAKUKAN?

Sebilangan besar kanak-kanak akan menghadapi gejala-gejala yang ringan dan boleh dijaga di rumah. Adalah penting untuk anak awda terus mengamalkan pengambilan pemakanan sihat, banyak minum air dan cukup rehat.

- Awda perlu mengasingkan anak awda di rumah dan tidak membenarkan orang untuk menziarahi.
- Setiap ahli keluarga hendaklah membasuh tangan atau menggunakan pensanitasi tangan secara kerap.
- Awda dan anak awda (yang berumur 2 tahun ke atas) hendaklah memakai sungkup muka apabila awda menjaga anak awda

APAKAH RAWATAN UNTUK ANAK SAYA YANG DIJANGKITI COVID-19?

Kebanyakan kanak-kanak yang menghadapi gejala ringan tidak akan memerlukan rawatan khusus dan boleh saja pulih di rumah; pada lazimnya, mereka akan beransur pulih dalam 1 ke 2 minggu. Rawatan bagi demam panas adalah sama bagi kanak-kanak yang menghadapi jangkitan viral yang lain. Bagi kanak-kanak yang berumur 3 bulan atau lebih, mereka boleh diberikan ubat *paracetamol* menurut dos dan tempoh masa yang telah disarankan.

BILAKAH SEPATUTNYA SAYA MENDAPATKAN NASIHAT ATAU RAWATAN PERUBATAN?

Jika awda merasa risau yang anak awda semakin kurang sihat atau menunjukkan gejala-gejala berikut, sila dapatkan nasihat kesihatan dengan menghubungi talian 148:

- Demam panas yang berpanjangan lebih dari 2 hari
- Kurang minum separuh daripada yang kebiasaannya
- Mempunyai kurang daripada 4 lampin basah atau kencing kurang daripada 4 kali dalam 24 jam
- Berkusut dan tidak aktif seperti biasa
- Muntah atau cirit-birit berterusan
- Nampak tidak sihat dan awda merasa risau

Jika sekiranya anak awda mengalami simptom-simptom yang mengancam nyawa seperti kelihatan pucat atau biru, mengalami masalah bernafas atau bernafas terlalu cepat, mengalami kesakitan atau ketidakselesaan yang teruk, sila hubungi talian 991.

Rujukan:

- United States Centers for Disease Control and Prevention: www.cdc.gov/COVID19
- World Health Organization: www.who.int/emergencies/diseases/novel-coronavirus-2019
- NHS Birmingham and Solihull CCG Parent Information Sheet www.birminghamandsolihullccg.nhs.uk/
- Singapore KKH Home Recovery Guide <https://www.kkh.com.sg/Documents/covid19-resources/home-recovery-guide.pdf>

CHILDREN WITH COVID-19 INFECTION

WHAT IS COVID-19?

COVID-19 is an illness caused by Coronavirus, called SARS COV 2. It causes flu like symptoms. It spreads easily and has affected people all over the world including children.

WHAT ARE THE SYMPTOMS OF COVID-19?

The common symptoms are:

- Fever (temperature $\geq 38^{\circ}\text{C}$)
- Cough
- Runny nose
- Sore Throat
- Loss of smell or taste
- Extreme fatigue
- Muscle ache
- Diarrhoea or vomiting

The symptoms can be more serious in some children and some children have no symptoms at all.

MY CHILD HAS BEEN DIAGNOSED WITH COVID-19. WHAT DO I DO NOW?

Most children will have a mild illness that can be cared for at home. It is important that your child continues to have healthy diet, drink lots of fluids and rest.

- You need to isolate your child at home and not to have visitors.
- All family members should wash their hands or use hand sanitizer frequently.
- You and your child (if over 2 years old) should wear a mask whenever you are caring for them in close proximity.

WHAT IS THE TREATMENT FOR MY CHILD WITH COVID-19?

Most children with mild illness don't need any specific treatment and they are able to recover at home, and usually get better in 1 to 2 weeks. The management of fever is the same as for a child with any other viral infection. For those greater than 3 months of age, the child can take paracetamol at the recommended dosing and intervals.

WHEN SHOULD I SEEK MEDICAL ATTENTION?

If you are concerned that your child is becoming more unwell or showing any of the following features, seek medical advice by calling 148:

- Persistent fever for ≥ 2 days
- Drinking less than half the usual amount
- Having fewer than 4 wet diapers or less than 4 times in 24 hours
- Fussy and not active as usual
- Having persistent vomiting or diarrhea
- Looks unwell and you are concerned

For urgent or life-threatening events (e.g. your child is looking pale or blue, having trouble breathing or breathing very fast, having severe pain or discomfort), please call 991.

References:

- United States Centers for Disease Control and Prevention: www.cdc.gov/COVID19
- World Health Organization: www.who.int/emergencies/diseases/novel-coronavirus-2019
- NHS Birmingham and Solihull CCG Parent Information Sheet www.birminghamandsolihullccg.nhs.uk/
- Singapore KKH Home Recovery Guide <https://www.kkh.com.sg/Documents/covid19-resources/home-recovery-guide.pdf>