Guidelines

Management of COVID19 in Children

1. Background

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2). The outbreak started in December 2019 from Wuhan, China, and declared a global health emergency by World Health Organization (WHO) on 30th January 2020. Coronaviruses are enveloped, positive single-stranded large RNA viruses that infect humans, but also a wide range of animals. Due to the presence of projections on their surface, which resembles solar corona, the virus was named as Coronavirus (Latin corona=crown). COVID-19 spreads through droplets or contact with an infected person and indirectly by touching contaminated surfaces (fomites). At the time of formulation of this document, there is no evidence of intrauterine transmission. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhoea have been reported in 10% of cases. The understanding of the spectrum of disease is limited in children due to less number of cases and milder nature of the disease as compared to adults. Adults with age of ≥ 60 years having an underlying co-morbid (heart disease, chronic obstructive pulmonary disease, diabetes etc.) are at risk of acquiring the severe disease. According to current estimates, the mean incubation period is 5 days, ranging from 0-24 days with potential of asymptomatic transmission. At this time, there are no specific vaccines or evidence-based treatment for COVID-19, particularly in children. Data has been extrapolated from adults, for use in children in need of treatment. The guidelines have been developed based on what is known about COVID-19 and are subject to change as additional information becomes available.
2. Triage Algorithm for screening children for COVID-19

**SUSPECT CASE**

History of fever AND cough AND/OR difficulty in breathing AND Any one of the epidemiological criteria:
- Absence of any other etiology that fully explains the clinical presentation.
- Contact with a confirmed or suspected COVID19 case in the last 14 days prior to onset of symptoms.
- History of attendance of a mass gathering (social function, festival or public event etc.) or contact with a person who has attended a mass gathering OR if 2 or more cases of fever and/or respiratory symptoms are reported from small areas such as home gatherings, office or workplace, school class, etc.)
- History of hospitalization in last 14 days prior to presentation
- Children with chronic medical conditions and/or an immunocompromised state that may put them at higher risk for poor outcomes (e.g., heart disease, receiving immunosuppressive medications, chronic lung disease, chronic kidney disease)

**REGISTER THE CHILD**

Collect Nasopharyngeal (Oropharyngeal only if nasopharyngeal is not possible) Swab for PCR

**Sick Patient**

Admit in HDU/ICU
CBC with NLR*, CRP/ESR, Chest X-ray (additional tests after categorizing severity of illness)

PCR Positive
- Vitals Monitoring
- Oxygen inhalation if needed
- Empiric Antibiotics
- Supportive management
- Careful use of I/V fluids

PCR Negative
- Move out of Corona Facility & Manage according to Patient’s Condition
- If patient gets sick**, advise to report to hospital for admission repeat PCR

**Stable Patient**

PCR Positive
- 1. Isolation at Govt. Facility
- 2. Screening of all close contacts
- 3. Stability Evaluation
- 4. 如果病人病情加重，建议报告医院进行重复PCR

PCR Negative
- Home Quarantine

**Sick Patient Criteria**
Any one of the following
1. Respiratory rate more than (WHO ARI Criteria)
   a. Birth - 2 months: > 60/Min
   b. 2 months -12 months: > 50/Min
   c. 13 months – 59 months: > 40/Min
   d. > 59 months: > 30/Min
2. SPO2 less than 94% on room air
3. Cyanosis
4. Chest indrawing
5. Altered state of consciousness
6. Seizures
7. Signs of end organ failure
8. Septic Shock or Hypotension
9. ARDS (clinical or radiological evidence)

**Stable Patient Criteria**
1. Low grade fever
2. Cough
3. Body aches
4. Flu
5. Sore throat
   Without tachypnea or difficulty in breathing

Go home therapy: Self-isolation, rest and monitor temperature, antipyretics, oral fluids, hand washing, no Steroids and no Ibuprofen

*NLR (Increased Neutrophil: Lymphocytic count ratio, 3.13 cutoff values)

** (Cyanotic congenital heart disease, chronic lung disease, Chronic kidney disease, Chronic liver disease, Chronic kidney disease, Chronic liver disease, an immunosuppressive treatment or an immunocompromised state e.g., post-transplant)
3. Clinical Criteria

Epidemiological Criteria (presence of any one is necessary)

<table>
<thead>
<tr>
<th>Clinical Criteria</th>
<th>Epidemiological Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>#Fever AND Cough AND/ OR difficulty in breathing</td>
<td>Absence of any other etiology that fully explains the clinical presentation OR</td>
</tr>
<tr>
<td></td>
<td>#Contact with a confirmed or suspected COVID-19 case in the last 14 days prior to onset of symptoms OR</td>
</tr>
<tr>
<td></td>
<td>History of attendance of a mass gathering (social function, festival or public event etc.) OR contact* with a person who has attended a mass gathering OR if 2 or more cases of fever and/or respiratory symptoms are reported from small areas such as home gatherings, office or workplace, school class, etc.) OR</td>
</tr>
<tr>
<td></td>
<td>History of hospitalization in last 14 days prior to presentation OR</td>
</tr>
<tr>
<td></td>
<td>Children with chronic medical conditions and/or an immunocompromised state that may put them at higher risk for poor outcomes (e.g., heart disease, receiving immunosuppressive medications, chronic lung disease, chronic kidney disease)</td>
</tr>
</tbody>
</table>

*documented or undocumented

*Contact: A person living in the same household as a suspected or confirmed COVID-19 case OR had direct physical contact with a suspected or confirmed COVID-19 case (e.g. shaking hands) OR having unprotected direct contact with infectious secretions of a suspected or confirmed COVID-19 case (e.g. being coughed on, touching used paper tissues with a bare hand) OR had face-to-face contact with a suspected or confirmed COVID-19 case within 1 meter and > 15 minutes OR who was in a closed environment (e.g. classroom, meeting room, hospital waiting room, etc.) with a suspected or confirmed COVID-19 case for 15 minutes or more and at a distance of less than 1 meter.

3. Case Definitions

<table>
<thead>
<tr>
<th>Suspect Case</th>
<th>Meets the clinical and any one of the epidemiological criteria but testing unavailable or results awaited</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confirmed case</td>
<td>Laboratory confirmation of COVID-19 infection by RT-PCR, irrespective of clinical signs and symptoms</td>
</tr>
</tbody>
</table>

4. Laboratory Investigations

(Follow strict isolation precautions while taking samples)

- RT-PCR for COVID-19 on a nasopharyngeal specimen (oropharyngeal only if nasopharyngeal is not possible) specimen. In ventilated patients, bronchoalveolar lavage or tracheal aspirates are preferred.
- CBC
- ESR/CRP
- Chest X-ray (CT-chest may be considered in ventilated patients depending on clinical condition and availability)
- Electrolytes, BUN, serum creatinine, Liver function tests
- LDH, Lactate, Ferritin in severe illness
- ECG, Cardiac enzymes if clinically indicated
- Blood cultures and any other relevant cultures to rule out secondary bacterial infection
### 4.1 Prognostic Markers:

<table>
<thead>
<tr>
<th>Test</th>
<th>Result</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lymphocytes</td>
<td>Low</td>
<td>Low in 80% of cases</td>
</tr>
<tr>
<td>Platelets</td>
<td>Mildly Low</td>
<td>&lt;100 poor prognosis</td>
</tr>
<tr>
<td>CRP</td>
<td>High</td>
<td>&gt;125 poor prognosis</td>
</tr>
<tr>
<td>Urea/Creatinine</td>
<td>Mildly High</td>
<td>AKI usually mild</td>
</tr>
<tr>
<td>CPK</td>
<td>High</td>
<td>Rhabdomyolysis may contribute to renal failure late in disease</td>
</tr>
<tr>
<td>AST/ALT</td>
<td>High</td>
<td>5 times normal, transient, no fulminant hepatitis, rise day 14</td>
</tr>
<tr>
<td>Ferritin</td>
<td>High</td>
<td>Not always</td>
</tr>
</tbody>
</table>

#### 4.2.1 Procedure for collection of nasal pharyngeal swabs:
- Can be collected through one or both nares
- A swab is inserted into the nostril and back to the nasopharynx and left in place for a few seconds. It is then slowly withdrawn with a rotating motion. A second swab should be used (where available) for the second nostril. The tip of the swab is put into a vial containing 2–3 ml of virus transport medium and the shaft cut.
- All airborne isolation precautions should be followed while collecting the sample.

#### 4.2.2 Procedure for collection of oropharyngeal swabs:
- Only done if unable to perform nasal pharyngeal swabbing
- Collect from back of throat and both tonsillar pillars
- Both tonsils and the posterior pharynx are swabbed vigorously, and the swab is placed in transport medium as described above
- All airborne isolation precautions should be followed while collecting the sample

#### 4.2.3 Transport and storage of Specimen:
- Collected specimen should be transported to the dedicated laboratory as soon as possible.
- Until sample processing, the sample should be refrigerated at -200C.
- In case a sample needs to be stored for more than 3 days before processing then archive it at less than -700C.
5. Admission Criteria of suspected or confirmed cases of COVID-19

<table>
<thead>
<tr>
<th>COVID-19 is suspected or confirmed AND any of the following criteria present?</th>
<th>YES /NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms and signs of pneumonia (fast breathing and/or chest-indrawing)</td>
<td>YES /NO</td>
</tr>
<tr>
<td>Any general danger signs (grunting, persistent vomiting, and convulsions/CNS signs)</td>
<td>YES /NO</td>
</tr>
<tr>
<td>Need of supplementary oxygen or oxygen saturation &lt;95% on room air?</td>
<td>YES /NO</td>
</tr>
<tr>
<td>Radiological confirmed pneumonia</td>
<td>YES /NO</td>
</tr>
<tr>
<td><strong>If YES to any of the above, admission is advised</strong></td>
<td></td>
</tr>
<tr>
<td>On chemotherapy</td>
<td>YES /NO</td>
</tr>
<tr>
<td>Known secondary immunodeficiency (HIV, grade 3 malnutrition)</td>
<td>YES /NO</td>
</tr>
<tr>
<td>Diagnosed primary immunodeficiency</td>
<td>YES /NO</td>
</tr>
<tr>
<td>Underlying co-morbid condition (Cystic fibrosis, Congenital Heart Disease, Diabetes, CKD)</td>
<td>YES /NO</td>
</tr>
<tr>
<td><strong>If YES to any of the above in a suspected or confirmed case of COVID-19, decision to admit is based on severity of the underlying disorder</strong></td>
<td></td>
</tr>
<tr>
<td>In NO to ALL the above in a suspected or confirmed case of COVID-19 admission is NOT advised *</td>
<td></td>
</tr>
</tbody>
</table>

*In all suspected cases where testing is not possible and above criteria are absent, we do NOT recommend admission, given that isolation procedures at home or isolation facility are available

6. Categorization and Management of Confirmed COVID-19 Cases

<table>
<thead>
<tr>
<th>Case</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asymptomatic</td>
<td>A confirmed case (Nasopharyngeal RT-PCR is positive for SARS CoV2) having no clinical signs and symptoms.</td>
</tr>
<tr>
<td>Mild</td>
<td>A confirmed case with non-specific upper respiratory tract infections (low-grade fever, runny nose, cough) with no radiological signs of pneumonia and oxygen support. (Oxygen saturation ≥94%)</td>
</tr>
<tr>
<td>Moderate</td>
<td>A confirmed case with fever and cough/difficulty in breathing without any danger signs; having the radiological evidence of pneumonia requiring hospitalization with or without the need of oxygen support. (Oxygen saturation &lt;94% but &gt;90%)</td>
</tr>
<tr>
<td>Severe</td>
<td>A confirmed case with fever and cough/difficulty in breathing having at least one <em>danger sign together with radiological evidence of pneumonia AND/OR sepsis/septic shock, respiratory failure/ARDS, multiple organ dysfunction (MOD)</em></td>
</tr>
</tbody>
</table>

* Danger signs: (severe dehydration, lethargy/dullness, decrease in conscious level/unconsciousness, irritability/excessive/inconsolable cry, central cyanosis, grunting or nasal flaring, chest in drawing, fast breathing according to age, convulsions, SpO2<92% on room air, signs of heart failure/myocarditis or signs of shock).

6.1 Asymptomatic COVID-19 Case (Annexure ‘A’):

Home isolation for 14 days after assessing the residential setting OR isolation in dedicated government centres as appropriate.
Educate the caregiver/patient about symptoms and encourage reporting if any new symptoms develop or worsening of symptoms is noticed (report on dedicated health helpline 1166).
**Difference between isolation and quarantine:**

*Isolation* is used to separate ill persons who have a communicable disease from those who are healthy. *Quarantine* is used to separate and restrict the movement of well person, who may have been exposed to a confirmed or suspected case of COVID-19, to see if they become ill.

### 6.2 Mild-Moderate COVID-19 case (Annexure ‘B’):

<table>
<thead>
<tr>
<th>Description</th>
<th>Mild case (suspected or confirmed)</th>
<th>Moderate Case</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Placement</strong></td>
<td>Prefer home isolation after assessing home situation (separate room + attached bathroom)</td>
<td>Refer/admit in single room isolation or confirmed cases of COVID-19 can be cohorted together, keep a distance of 2 meters between beds. Contact and Droplet precautions</td>
</tr>
<tr>
<td></td>
<td>Admit in hospital or refer to a dedicated government isolation centre (depending upon the bed availability) only when home isolation is not possible.</td>
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</tr>
<tr>
<td></td>
<td>If admitting, follow isolation procedures as for moderate cases.</td>
<td></td>
</tr>
<tr>
<td><strong>Investigation</strong></td>
<td>CBC, Blood culture and Chest X-ray (Testing depends on availability)</td>
<td>CBC, Blood culture, CRP, Chest X-Ray, SGPT are recommended Where available, BUN, Cr, electrolytes should also be done Other investigations based on requirement (Repeat tests if clinically indicated or any worsening of symptoms. <strong>Rule out co-infections, if fever persists</strong>) Rule out H1N1 if available</td>
</tr>
<tr>
<td><strong>Additional tests as per physician’s discretion in immunocompromised and children with chronic co-morbidities</strong></td>
<td>Hydration (preferably orally)</td>
<td>Intravenous hydration until stable to tolerate orally</td>
</tr>
<tr>
<td></td>
<td>Paracetamol for fever (avoid NSAIDS)</td>
<td>Paracetamol for fever (avoid NSAIDS)</td>
</tr>
<tr>
<td></td>
<td>Antihistamines</td>
<td>Normal saline nasal drops ± nebulization (if needed under strict airborne precautions)</td>
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<tr>
<td></td>
<td></td>
<td>Antihistamines</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Antibiotics (ampicillin or ceftriaxone) for secondary bacterial infections (escalate on clinical worsening if needed).</td>
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<tr>
<td></td>
<td></td>
<td>- Oseltamivir if H1N1 is positive</td>
</tr>
</tbody>
</table>
Points to remember

1. Can consider broader spectrum antibiotics in immunocompromised and children with chronic co-morbidities at physician’s discretion
2. Caregiver/Health care provider should wear PPE as suggested by the institution while taking care of COVID-19 patients or performing aerosol generating procedures like nebulization, steam inhalation, suctioning etc.

| Discharge criteria | Patient is clinically well and suitable for discharge from hospital as follows:
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td></td>
<td>• Appropriate clinical assessment shows resolution of symptoms and</td>
</tr>
<tr>
<td></td>
<td>• Risk assessment of home environment indicates ability to isolate and there is acceptance of advice about staying at home for 2 weeks of illness or resolution of symptoms whichever comes later</td>
</tr>
<tr>
<td></td>
<td>If no arrangements at home, then keep the child for 14 days in isolation in hospital or refer to a dedicated government isolation centre.</td>
</tr>
<tr>
<td></td>
<td>(Discharge for immunocompromised children and with chronic co-morbidities depend upon the severity of underlying illness and at the physician’s discretion.)</td>
</tr>
</tbody>
</table>

6.3 Severe COVID-19 cases or with Acute Respiratory Distress Syndrome (Annexure ‘C’):

<table>
<thead>
<tr>
<th>Placement</th>
<th>Investigations</th>
<th>Treatment</th>
<th>Discharge Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admit the patient to airborne isolation with strict PPE in high dependency unit/intensive care units.</td>
<td>CBC, blood culture &amp; other relevant cultures, CRP, lactate, renal function, liver function, electrolytes, ABGs, coagulation profile, ECG and CT –chest. Rule out H1N1</td>
<td>Airway management and *oxygen therapy (HIGH FLOW BY FACE MASK) ± mechanical ventilation (CONSIDER EARLY) during resuscitation to target SpO2 ≥ 92% Strict Vitals and I/O monitoring Use IV hydration conservatively until no evidence of shock. Paracetamol for fever (avoid NSAIDS) Give empiric antimicrobials to treat suspected bacterial infections (based on local epidemiology and susceptibility patterns) Oseltamivir (when there is ongoing local circulation of seasonal influenza or H1N1 is positive) *</td>
<td>1. Retesting after resolution of symptoms or after 7 days of hospitalization whichever comes later (2 samples should be negative 24 hours apart) 2. If the patient is clinically well and suitable for discharge from hospital, they can be discharged after: • Appropriate clinical assessment for resolution of symptoms. • Risk assessment of their home environment and provision of advice about staying at home (Discharge for immunocompromised children and with chronic co-morbidities depend upon the severity of underlying illness and at the physician’s discretion)</td>
</tr>
</tbody>
</table>

*There is limited evidence on use of Lopinavir/ritonavir (LPV/r), chloroquine phosphate, hydroxychloroquine, interferon therapy, remdisivir and other investigational drug for the treatment of COVID-19. They are under consideration and their use varies from region to region. Avoid the use of systemic corticosteroids for treatment of COVID-19 pneumonia outside of clinical trials unless they are indicated for another reason like septic shock (not responding to fluid therapy and vasopressors) or asthma. It may delay the viral shedding or may result in complications (9). Due to uncertainty around the potential for aerosolization, nebulization, HFO, NIV, including bubble CPAP, can be used with strict airborne precautions. Avoid the use of azithromycin for the treatment of COVID-19.

7. New-borns with COVID-19

The consequences of a COVID-19 infection during pregnancy are uncertain; to date there is no evidence of vertical transmission (2). There is no information to date to suggest COVID-19 is teratogenic or has long-term implication for foetal/neonatal health.

7.1 Feeding Infants born to Mother with Confirmed or Suspected COVID-19 Infection:

Breast milk is the best source of nutrition for infants. There remain however many unknowns about COVID-19. For that reason, families should participate in the decision to use breast milk for infant feeding with the support of the healthcare providers. Whenever infants must be separated from their mother due to infection control restrictions, hospitals should make every effort to provide expressed breast milk to new-borns.

If well infants are rooming with a COVID-19 confirmed or suspected mother, take all possible precautions to avoid transmission of virus from mother to the infant, like washing of hands before touching the infant and before each feeding. Ensure the mother wears a face mask while breast feeding. Similar precautions need to be taken for skin-to-skin contact and kangaroo mother care.

During temporary separation, mothers who intend to breastfeed should be encouraged to express their breast milk to establish and maintain milk supply. Prior to expressing breast milk, mothers should practice hand hygiene. After each pumping session, the entire pump should be appropriately disinfected (14).

7.2 Definition of suspected 2019-nCoV infection

The new-borns suspected of 2019-nCoV infection are those born to the mothers with a history of COVID-19 infection between 14 days before delivery and 28 days after delivery, or the new-borns directly exposed to those infected with 2019-nCoV (including family members, caregivers, medical staff, and visitors). Suspected infants are under consideration regardless of whether they are symptomatic or asymptomatic.
7.3 Neonatal clinical manifestations associated with COVID 19 infection

Clinical findings especially for premature infants are not specific therefore, it is necessary to closely monitor vital signs, respiratory symptoms, and gastrointestinal symptoms. Temperature instability, respiratory and cardiovascular symptoms including tachypnoea, grunting, nasal flaring, apnoea, cough, or tachycardia may be present. Other findings may include poor feeding, lethargy, vomiting, diarrhoea, and abdominal distension. Laboratory examinations may be non-specific.

Complete blood count (CBC): An early exam may show normal or decreased leukocyte counts, or decreased lymphocyte counts.

Other findings: May include mild thrombocytopenia, and elevated levels of creatinine kinase, alkaline phosphatase, alanine aminotransferase, aspartate aminotransferase, and lactate dehydrogenase. Chest X-ray is likely to show signs of pneumonia.

Infant of a COVID-19 positive mother may not be routinely tested if there is no clinical indication.
Currently there is no vaccine available to prevent COVID-19. The best way to prevent COVID-19 is to avoid being exposed to this virus (11, 12). We can limit the transmission of virus by taking everyday preventive measures such as:

1. Staying at home when sick. Do not send the sick child to school.
2. Caregiver and a child should wear a facemask, particularly when you/your child are around other people (e.g., sharing a room or vehicle) and before you/your child enter a healthcare provider’s office or health facility.
3. Covering mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue instantly.
4. Washing hands often with soap and water or use a sanitizer with 60-80% alcohol, whichever is available.
5. Avoid touching your eyes, nose, and mouth with unwashed hands.
6. Cleaning frequently high-touched surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks etc.) by detergents and disinfectants formulations such as sodium hypochlorite with concentration of 5000-6150 ppm to 500-615 ppm free chlorine are used for environmental surface cleaning.
7. Avoid going to crowded places like shopping malls, restaurants, public parks etc.

8.1 Steps of hand washing

If you are using soap and water, follow following steps:

- Wet hands with safe running water
- Apply enough soap to cover wet hands
- Scrub all surfaces of the hands – including backs of hands, between fingers and under nails – for at least 20 seconds. This is similar to singing the ABC song at a normal tempo or the happy birthday song twice.
- Rinse thoroughly with running water
- Dry hands with a clean, dry cloth, single-use towel or hand drier as available
- If you are using a hand sanitizer, ensure that it contains at least 60-80% alcohol, use enough to cover all surfaces of your hands and rub them together until they feel dry.

It is better to clean hands more often. Additional key time points to clean hands include

- After blowing one’s nose, coughing, or sneezing
- After using the restroom/toilet
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g. a child)
8.2 Clean and Disinfect household high-touched surfaces

Suggestion for a home-based preparation for cleaning and disinfection
Prepare a bleach solution by mixing: 5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water

Daily Preventive measures
Levels of Protection for Health Care Workers

- This is a generic guidance
- Where available please adhere to your institution’s rules

<table>
<thead>
<tr>
<th>Protection Level</th>
<th>Protective Equipment</th>
<th>Scope of Application</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level I protection</strong></td>
<td>• Disposable surgical cap</td>
<td>• Pre-examination triage, general outpatient department</td>
</tr>
<tr>
<td></td>
<td>• Disposable surgical mask</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Work uniform</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Disposable latex gloves or/and disposable isolation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>clothing if necessary</td>
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</tr>
<tr>
<td></td>
<td>• Medical protective mask (N95)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Work uniform</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Disposable medical protective uniform</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Disposable latex gloves</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Goggles</td>
<td></td>
</tr>
<tr>
<td><strong>Level II protection</strong></td>
<td>• Disposable surgical cap</td>
<td>• Fever outpatient department</td>
</tr>
<tr>
<td></td>
<td>• Medical protective mask (N95)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Work uniform</td>
<td>• Isolation ward area (including isolated intensive ICU)</td>
</tr>
<tr>
<td></td>
<td>• Disposable medical protective uniform</td>
<td>• Non-respiratory specimen examination of suspected/confirmed patients</td>
</tr>
<tr>
<td></td>
<td>• Disposable latex gloves</td>
<td>• Imaging examination of suspected/confirmed patients</td>
</tr>
<tr>
<td></td>
<td>• Goggles</td>
<td>• Cleaning of surgical instruments used with suspected/confirmed patients</td>
</tr>
<tr>
<td></td>
<td>• Medical protective mask (N95)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Work uniform</td>
<td></td>
</tr>
<tr>
<td><strong>Level III protection</strong></td>
<td>• Disposable surgical cap</td>
<td>• When the staff performs operations such as tracheal intubation,</td>
</tr>
</tbody>
</table>
|                       | • Medical protective mask (N95)                           |   tracheotomy, bronchofibroscope, gastroenterological endoscope, etc., during which, the suspected/confirmed patients may spra
|                       | • Work uniform                                            |   y or splash respiratory secretions or body fluids/blood                            |
|                       | • Disposable medical protective uniform                   | • When the staff performs surgery and autopsy for confirmed/suspected patients       |
|                       | • Disposable latex gloves                                | • When the staff carries out NAT for COVID-19                                        |
|                       | • Full-face respiratory protective devices or powered air-purifying respirator |                                                                                        |
Guidance on Personal Protective Equipment (PPE)

**STANDARD PPE**
All contact with suspected or confirmed COVID-19 patients

- Apron
- Gloves
- Surgical mask

**FULL PPE**
Aerosol Generating Procedures ONLY
Oropharyngeal/nasopharyngeal swabbing, nebulization, intubation, resuscitation

- Full length gown
- Gloves
- Visor
- FFP3 respirator
Types of Personal Protective Equipment

- Gown
- Full Body Suit / Tyvek Suit
- 3 Layered Medical/Surgical Mask
- N95 Mask
- N95 Respirator
- Goggles
- Gloves
- Shoe Covers
Guidance on Donning and Doffing

Method of Donning

Protocol for Donning PPE:
Put on special work clothes and work shoes → Wash hands → Put on disposable surgical cap → Put on medical protective mask (N95) → Put on inner disposable nitrile/latex gloves → Put on goggles and protective clothing (note: if wearing protective clothing without foot covers, please also put on separate waterproof boot covers), put on a disposable isolation gown (if required in the specific work zone) and face shield/powered air-purifying respirator (if required in the specific work zone) → Put on outer disposable latex gloves
Method of Doffing

Protocol for Removing PPE:
Wash hands and remove visible bodily fluids/blood contaminants on the outer surfaces of both hands → Wash hands replace outer gloves with new gloves → Remove powered air-purifying respirator or self-priming filter-type full-face mask/mask (if used) → Wash hands → Remove disposable gowns along with outer gloves (if used) → Wash hands and put on outer gloves → Enter Removal Area No. ① → Wash hands and remove protective clothing along with outer gloves (for gloves and protective clothing, turn inside out, while rolling them down) (note: if used, remove the waterproof boot covers with clothing) → Wash hands → Enter Removal Area No. ② → Wash hands and remove goggles → Wash hands and remove mask → Wash hands and remove cap → Wash hands and remove inner disposable latex gloves → Wash hands and leave Removal Area No. ③ → Wash hands, take a shower, put on clean clothes and enter the clean area
Essential Precautions for Frontline Healthcare Staff

- Do not wear watches, rings, or bracelets.
- Do not bring personal computers, handbags, and wallet to hospital. Just a credit card and some notes should be enough.
- Leave the driving license in the car.
- After arriving home, leave mobile phone case in car and just take naked phone inside your house.
- Do not take phones, remotes, iPads to the duty rooms in hospital
- Cleaning spectacles, business card, pen, mobile phones, and car keys with antiseptic solution on arriving at hospital and just before leaving.
- Disinfect/clean the frequently used surfaces such as steering wheel, door handle of car and bike etc.
- If possible, use the spare rooms in the hospital to change into scrubs after arriving at work and replace it with your clothes before leaving.
- If work clothes are not available from the hospital, bring the work clothes with you in a clean bag.
- Wash your hands to the elbows before leaving the hospital.
- Leave work shoes in the car or outside the home.
- Wash your work clothes (with hot water if possible) and do not mix it with the other clothes
- Take shower as soon as you arrive home.
- Nutrition: Take high protein diet, citreous fruits, dry fruits, and multivitamins to increase immunity.
Protocols for Protection at Returning Home

1. When you come home, try not to touch anything.
2. Take off your shoes.
3. Disinfect your pet’s paws if you were walking it.
4. With bleach, recommend at more than 140f.
5. Take off your outer clothing and put it in a laundry bag.
6. Hands, wrists, face, neck, etc.
7. Leave bag, purse, keys, etc. in a box at the entrance.
8. Shower or, if you are not able, wash all exposed areas well.
9. Clean your phone and glasses with soap and water, or alcohol.
10. Prepare a mixture of bleach 20 ml per liter of water, 5 tbsp (1/3 cup) of bleach in one gallon of water or 4 tsp of bleach in one quart of water.
11. Clean the surfaces of what you have brought outside with bleach before storing.
12. Remove your gloves carefully, throw them away and wash your hands.
13. Remember that it is not possible to do a total disinfection, the objective is to reduce the risk.
Additional information:

Radiological findings in COVID-19 disease

Chest X-ray:
- Typically, patchy ground glass opacities peripheral and basal (may be unilateral)
- Number of lung segments increases with more severe disease
- Over time, patches coalesce into more dense consolidation
- May be subtle/appear normal
- Uncommon: effusions, cavitation, mass, lymphadenopathy (think of alternate/other concomitant diagnosis)

CT-Chest findings:
- Unlike adults no data in children to support use
- Need should be balanced with risk of ionizing radiation contamination of radiology room
- Does not change management
- Considered ONLY in sick children or where suspected alternate diagnosis
- May be normal in early stages
- Possible findings: peripheral ground-glass opacities, ‘crazy paving’, diffuse alveolar damage, organizing pneumonia.
- Uncommon: Non-peripheral, effusions, lymph nodes, lobar pneumonia, and cavitation (think of alternate/other concomitant diagnosis)
Note: The above recommendations are being regularly reviewed by the Ministry of National Health Services, Regulations & Coordination and will be updated based on the international & national recommendations and best practices.

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References:


For more information, please contact:

HSA/ HPSIU/ NIH, PM National Health Complex, Islamabad

http://covid.gov.pk/
http://nhsrcofficial.gov.pk/
http://www.hsa.edu.pk/
http://www.nih.org.pk/
http://twitter.com/nhsrcofficial
https://www.youtube.com/channel/UCdYuzeSP4Ug1f__ZZ
Annexure 1A: Algorithm for Management of Asymptomatic Case:

**Home care**
- Household members should stay in another room or be separated from the patient as much as possible.
- Prohibit visitors at home.
- Minimize exposure with pets.
- Make sure that shared spaces in the home have good airflow.
- Perform hand hygiene frequently.
- Adolescent patient should wear a face mask if around people (caregiver should wear a face mask while taking care of a young patient).


**COVID-19 confirmed/suspected case (PCR +/- awaited) with no clinical signs**

1. Assess home care for isolation:
   - Child is stable.
   - Parents/caregiver is ready to take care of a child at home.
   - Separate bedroom with attached bathroom is available.
   - No high risk family members (pregnant woman, elderly > 65 years old, immunocompromised persons) at home.

**Home isolation for 14 days**
- Educate caregiver when to return or whom to contact if the child develop symptoms.
- Provide dedicated helpline #.

**COVID-19 suspected case (PCR-) with no clinical signs and symptoms**

1. Home quarantine for 14 days if high index of suspicion.
2. Educate caregiver when to return or whom to contact if the child develop symptoms.
3. Restart if symptoms develop.

**In suspected COVID-19 case with awaited PCR result, if negative, follow the pathway of suspected case (PCR-)**

1. Admission in hospital in isolation room or dedicated government isolation centers for 14 days if home isolation is not possible.
2. Monitor for clinical symptoms and signs.

Pediatric COVID-19 Guidelines Version 1.0, March 2020
Annexure 1B: Algorithm for Management of Symptomatic Mild-Moderate COVID-19 Cases

**Confirmed Symptomatic COVID-19 cases**

**Mild**
- Yes
  - Prefer home isolation for 14 days with instructions to parents/caregiver
  - Educate caregiver for symptoms monitoring and taking PPE measures at home
  - Provide a dedicated helpline #
- Availability of Home Isolation facilities
  - Send CBC, Blood culture and Chest X-ray
  - Hydration (preferably orally)
  - Paracetamol for fever (avoid NSAIDS)
  - Antihistamines
- Retesting after resolution of symptoms or after 7 days of hospitalization whichever comes later (2 samples should be negative 24 hours apart)

**Moderate**
- No
  - CBC, Blood culture, Procalcitonin or CRP, SGPT, BUN, Cr, electrolytes, ECG (if clinically indicated) and Chest X-ray & CT – chest
  - Rule out H1N1
- Admit in single room isolation or confirmed cases of COVID-19 can be cohorted together, keep a distance of 1 meter between beds
- Contact and Droplet precautions
- Repeat tests if clinically indicated or any worsening of symptoms. Rule out co-infections, if fever persists
- Intravenous hydration until stable to tolerate orally
- Paracetamol for fever (avoid NSAIDS)
- Normal saline nasal drops ± nebulization (if needed)
- Antihistamines
- Antibiotics (ampicillin or ceftriaxone) for secondary bacterial infections (escalate on clinical worsening if needed)
- Oseltamivir if H1N1 is positive
- Discharge
  - If the patient is clinically well and suitable for discharge from hospital, they can be discharged after:
  - Appropriate clinical assessment for resolution of symptoms
  - Risk assessment of their home environment and provision of advice about staying at home

Testing, management and discharge criteria may vary in immunocompromised and children with chronic co-morbidities at the physician’s discretion.

Caregiver/health care provider should wear PPE while taking care of COVID-19 patients.

Caregivers should avoid aerosol generating procedures (sputum, nebulization etc.)

Pediatric COVID-19 Guidelines Version 1.0, March 2020
Annexure 1C: Algorithm for Management of Symptomatic Severe COVID-19 Cases

Points to remember

There is limited evidence on use of Lopinavir/Ritonavir (LPV/r), chloroquine phosphate, hydroxychloroquine, interferon therapy, remd badge and other investigational drug for the treatment of COVID-19s. They are under consideration and their use varies from region to region.

Avoid the use of systemic corticosteroids for treatment of COVID-19 pneumonia outside of clinical trials unless they are indicated for another reason (like septic shock, not responding to fluid therapy and vasopressors) or asthma. They may delay the viral shedding or may result in complications.

Due to uncertainty around the potential for aerosolization, nebulization, HFNO, NIV, including bubble CPAP, can be used with strict airborne precautions.

Avoid the use of azithromycin for the treatment of COVID-19.

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**Confirmed Symptomatic Severe COVID-19 case**

- Admit the patient to airborne isolation with strict PPE in high dependency unit/intensive care units.

- Airway management and oxygen therapy (HIGH FLOW BY FACEMASK) ± mechanical ventilation (consider early) during resuscitation to target SpO2 ≥ 92%

- Strict Vitals and I/O monitoring

- Use IV hydration conservatively until no evidence of shock

- Paracetamol for fever (avoid NSAIDS)

- Give empiric antimicrobials to treat suspected bacterial infections (based on local epidemiology and

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**Discharge criteria:**

1. Reversing after resolution of symptoms or after 7 days of hospitalization whichever comes later (2 samples should be negative 24 hours apart)

2. If the patient is clinically well and suitable for discharge from hospital, they can be discharged after:

   - Appropriate clinical assessment for resolution of symptoms

   - Risk assessment of his/her environment and provision of advice about staying at home

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In addition to the above supportive measures, consider the following if no contra indications (preferably early in the course of illness ≤32th day) after COVID confirmation:

- Oseltamivir (when there is ongoing local circulation of seasonal influenza or H1N1 is positive)

For complicated cases, [children with septic shock, renal failure, liver failure, cardiac failure or multi organ failure etc. follow the standard WHO guidelines available at](http://www.pfpol.gov.pk/images/Cor /Coronavirus/COVID-19-Guidelines.pdf)