

COVID-19 Checklist for Families with Children/Youth with Special Healthcare Needs Protecting Against COVID-19

Symptoms associated with COVID-19 (fever, cough, shortness of breath) can range from minor to severe, and while it appears children are less likely to become seriously ill, anyone with immune deficiency or suppression or a chronic illness – such as asthma, emphysema, heart disease, lung disease, or other conditions – may be at higher risk.

There does not appear to be evidence indicating that children with medical complexity (CMC) develop more serious symptoms; however, it is recommended that anyone who has a serious long-term health problem take precautionary actions to reduce the risk of getting sick with the virus. These actions include distancing from others and going out only when absolutely necessary, as well as the preventative measures listed in the below graphic.

Ohio Department of Health Director Amy Acton, M.D., MPH, also strongly recommends that families with young people with special healthcare needs:

- Stock up medications, durable medical equipment (DME), special nutritionals, and other supplies, and be prepared stay home for an extended period. You may need to contact your physician for extra medication or change to a mail-order pharmacy to obtain more than a month's supply. Try to keep a 90-day supply on hand. For children with asthma, it is important to have extra inhalers and to follow your asthma plan.
- Keep family emergency preparedness kits well stocked with food, water, household supplies and other items. If you have a go-bag, such as an emergency kit for a tracheostomy or gastronomy tube (G-tube), make sure it is complete and stocked with back up supplies.
- Frequently clean and disinfect DME, assistive technology and adaptive equipment.
- During a local outbreak and under direction from public health experts, you should stay home and cancel elective procedures.

- Understand that protective equipment — gloves, water repellent gowns, face shields — may be necessary for home care workers, especially for children with secretions. Please limit use when possible due to concerns over severe shortages.
- Keep children with symptoms isolated from those without, particularly children with medical complexity.
- Ask home nurses and other healthcare workers to stay away if they have any respiratory symptoms. Workers who do visit should take extra precautions when caring for your child. Plan for absences and changes in schedule.
- Consider arranging alternative strategies for home visitors, such as video chats or phone calls.
- Develop a plan for emergency caregivers in case family members or guardians become ill. Try to assure that children are cared for by people they know so there are minimal separations from familiar caregivers. If service animals are in the house, make sure that the children and animals can stay together.
- Any testing for COVID-19 requires a doctor's order. Do not go to the emergency department or urgent care to obtain a test. If you believe that your child needs to be evaluated, call your pediatrician in advance to make sure that the office or clinic is prepared for isolation.

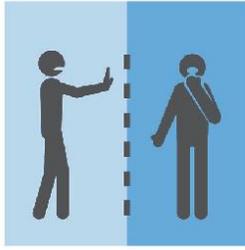
For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).

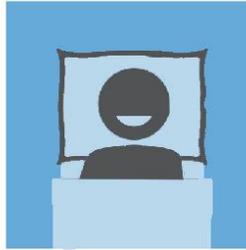
If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY), connect with a trained counselor through the Ohio Crisis Text Line – text the keyword “4HOPE” to 741 741, or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.



STAY HOME
WHEN YOU ARE
SICK



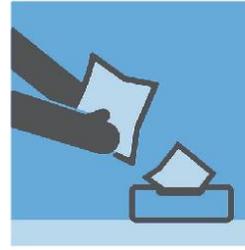
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS