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*AZ Pediatric Advisory Group & Maricopa County Department of Public Health —
Recommendations for pediatric healthcare providers and facilities regarding COVID-19*

Please review frequently-changing guidance for Healthcare Providers on a regular basis:

- [Maricopa County Department of Public Health](#) | **602.506.6767**
- [Arizona Department of Health Services](#) | **844.542.8201**
- [Centers for Disease Control and Prevention](#) | **800.CDC.INFO**

Recommendations as of March 18, 2020:

1. **Reassure parents** that children with fever of 100.4°F (38°C) or higher and mild respiratory symptoms should stay home, avoid public places and contact with healthy people. If the parent/guardian is going to bring the child to an outpatient clinic to be evaluated, let them know in advance what to do when they get there (e.g., call ahead, get a face mask in the waiting room, or meet them outside).
 - You can recommend treating children who are sick with fever and/or mild respiratory symptoms at home with rest and fluids. Parents should watch for severe symptoms. You can give families the CDC guidance "[10 Ways to Manage Respiratory Symptoms at Home](#)"
 - If the child has persistent or worsening symptoms, parents/guardians should call their healthcare provider to be seen. Severe symptoms can include but are not limited to: fever that does not resolve, dehydration, irritability/fussiness, or shortness of breath.
 - When at home, ask parents/guardians to do their best to keep the ill child away from healthy family members.
 - Children with fever or respiratory symptoms should stay at home until 72 hours with no fever or symptoms of acute illness.
2. **Triage patients in clinic with respiratory symptoms** and bring them directly back to a single room. If this is not possible, make sure they are wearing a facemask while in the waiting room.
 - Ask patients for a **travel history** for the 14 days before symptom onset — high risk areas are frequently updated and are located on the [CDC website](#). As of March 18, [international areas](#) include: China, Italy, Iran, most European countries, United

Kingdom, Ireland, Malaysia, and South Korea. High risk areas in the [United States](#) include: Washington state, California, New York, and Massachusetts.

3. When seeing a patient with a fever and respiratory symptoms:

- If available, wear a surgical mask, gown, gloves, and protective eyewear. An N95 respirator is not required unless you are performing an aerosol-generating procedure such as administering a nebulizer treatment.
- You do **not** need to place patients with suspected COVID-19 in an airborne infection isolation room (AIIR), unless you are doing an aerosol-generating procedure.
- If available, and the child can tolerate it, consider having the child wear a mask during the office visit.

4. If the child has a fever and/or respiratory symptoms, COVID-19 testing can be done at the healthcare provider's discretion. Testing through the state public health lab can **only be done if the child meets [statewide criteria](#). If the child does not meet statewide criteria, [commercial testing](#) can be recommended at the healthcare provider's discretion. We encourage tests to be used in cases that the result could change patient management. (For example, keeping a child with COVID-19 away from a high-risk adult in the home, etc.) You can test them in your office or have them go to an offsite testing location.**

- Review the [statewide criteria](#) for testing at the Arizona State Public Health Laboratory. If you have a patient who meets these criteria, you can call the Maricopa County Department of Public Health for formal testing approval at **602-506-6767**.
- If you have a patient who does not meet statewide criteria, and you would like to send a [commercial test for COVID-19](#), please do NOT call Public Health. You do not need approval to send this test.
- **One (1) NP swab specimen** is the recommended specimen for COVID-19 testing.
- Remember to use standard, contact, and droplet precautions, in addition to eye protection, when evaluating a patient who might have COVID-19.
- Consider separate equipment (stethoscope, oximeter etc.) for evaluating patients who might have COVID-19 and remember to clean equipment well between patients.

5. Consider scheduling a dedicated block of time during the day for scheduled well visits and non-respiratory sick visits (UTI, chronic illness, etc.). Reserve another part of the day for sick visits with respiratory symptoms to minimize additional potential exposures in waiting rooms, cut down on additional cleaning between patients, and to allow for overnight thorough cleaning of the waiting room and exam rooms. Consider rescheduling non-urgent outpatient visits as necessary.

6. [Healthcare facility recommendations](#) for **staff health**:

- Develop a system to monitor temperatures and symptoms of all staff daily. For example, this could be asking staff to do a temperature/symptom check twice a day on their own or doing this before starting the workday.
- Remind all staff of sick policies and that **no staff member should work while ill**.
- If a staff member becomes ill while at work, they should:
 1. Immediately put on a facemask
 2. Stop all patient care
 3. Report to their supervisor before going home
- If a staff member is sick with fever and/or respiratory symptoms, they should stay at home until their fever and acute symptoms have resolved for 72 hours.

7. Consider having staff who **care for elderly family members or are at high risk for severe illness from COVID-19** (e.g., older than 60 years, chronic medical comorbidities) work in lower risk exposure areas of the office or work from home (calls, referrals, billing etc.).

8. [Healthcare facility recommendations](#) for **patient health**:

- Have hand sanitizer, tissues, and trashcans in waiting room, exam rooms, etc.
- Create an area for spatially separating patients with respiratory symptoms. Consider different areas for sick and well waiting.
- Place visual aids in waiting and exam rooms about appropriate hand, respiratory and cough etiquette.
- Remind patients not to bring food and drinks into the office. This can help minimize exposure of hands to mucous membrane.

9. Since the recommendation is to stay away from large groups of people (more than 10), this is a great time to discuss **quality time with kids at home** and in the back yard by playing games, reading with them, and doing other activities at home. Quality time is a good way to help with anxiety.

10. **Control anxiety**

- Lead by example of calm control
- Remind parents that [children have less severe illness with COVID-19 than adults](#).
 - Overall, 5.9% of children had severe or critical disease compared with 18.5% of adults in China. There was only one pediatric death in a 14-year old in all of China.
 - In other words, 94.1% of children with COVID-19 will have mild to moderate illness, which can be managed at home.
- Please tell parents that their kids will be OK. Keep them home when they are sick, give them lots of rest, fluids and love. And please, please teach them to wash their hands, avoid touching their face and to cover their coughs and sneezes.