

COVID-19 & CHILDREN: WHAT WE KNOW



FEWER CASES OF COVID-19 AMONG CHILDREN

The good news is that pediatric COVID-19 cases, those aged 18 or younger, are relatively fewer compared to adults.

In the published studies the incidence of confirmed pediatric cases is low:

- In the United States as of April 2, 2020 children represent only 0.3% of cases
- In China, 2.2% (up to 19 years old)
- In Italy, 1.2%
- In Spain, 0.8%

Data on the incubation period (time from exposure to the virus to symptoms) for COVID-19 in the children is limited, CDC believes it extend to 14 days, similar to adult patients. In studies from China, the reported children's incubation period ranged from 2 to 10 days.

THE SYMPTOMS OF COVID-19 IN CHILDREN

Illness among pediatric cases appear to be mild, with most cases presenting with symptoms of upper respiratory infection such as:

- Fever
- Cough
- Nasal congestion
- Rhinorrhea – runny nose
- Sore throat

The challenge is clearly that these symptoms are like so many childhood diseases from teething to the cold or the flu. The CDC has advised pediatric providers to have an appropriate suspicion of COVID-19, but also to continue to consider and test for other diagnoses, such as influenza, pneumonia, etc.



OUTCOMES: WHAT WE KNOW HAPPENS IN PEDIATRIC PATIENTS

Relatively few children with COVID-19 are hospitalized. Hospitalization has been most common among pediatric patients aged <1 year and those with underlying conditions such as cystic fibrosis, immunocompromising disease, etc. Only 9 children were reported in China as hospitalized.

Fewer children than adults experience fever, cough, or shortness of breath.

WHAT TO DO AS PARENTS, GRANDPARENTS, OTHER CAREGIVERS

Continue to monitor the children as you do now and contact your pediatric office for guidance about any of your concerns. Pediatricians and their staff are alerted about COVID-19, diagnosis and management.

The CDC is also encouraging pediatric practices to prioritize newborn care and vaccination of infants and young children (through 24 months of age) – keeping our children well!

