



# UNDERSTANDING COVID-19

## General Information

- Coronavirus disease 2019 (COVID-19) is a respiratory illness caused by a new strain of coronavirus. There are many types of coronavirus that cause mild to severe disease ranging from the common cold to severe lung disease causing breathing difficulties.
- The virus may be spread through small drops of fluid that are produced when a person coughs or sneezes. You may be infected if you touch a surface with the virus on it, such as a handle or object, and then touch your eyes, nose, or mouth.
- So far, children appear to be much less affected by COVID-19. Children that already have medical problems or diseases may have increased risks, so you should discuss this with your child's medical team.
- Some people have no symptoms or mild symptoms. Symptoms may appear 2 to 14 days after contact with the virus. Symptoms can include: fever, coughing, trouble breathing, fatigue, and body aches.

## Stay Up To Date

- The best way to prevent COVID-19 is to not have contact with the virus. CDC advised that people should not travel to areas where there are COVID-19 outbreaks at this time for non-urgent reasons.
- For the most current CDC travel advisories, visit:  
<http://www.cdc.gov/coronavirus/2019-ncov/travelers>



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## FAQs:

### Who is at risk for COVID-19?

You are at risk if you: recently traveled to an area with many COVID-19 cases, had contact with a sick person who recently traveled to an area with many COVID-19 cases, or had contact with a person with confirmed or possible COVID-19.

### How is COVID-19 diagnosed?

Your physician will ask about your symptoms, travel history, and contact with sick people. If he or she thinks you may have COVID-19, they will work with your local health department and the CDC regarding testing which involves obtaining a nasal and throat swab sample.

### How is COVID-19 treated?

There is currently no medicine to treat the virus. Treatment is done to help your body while it uses your immune system to fight the virus. This is called supportive care. Supportive care may include pain medicine, bed rest, intravenous (IV) fluids, and additional oxygen.

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# WHAT YOU CAN DO

## Information & Communication

- Stay up to date on this current outbreak and recommendations provided by the CDC or WHO.
- Keep social contact to electronic forms of communication as much as possible.
- Stay away from social media that could promote fear or panic as much as possible.
- Call your doctor if you have recently traveled and have symptoms, or if you have been diagnosed with COVID-19 and your symptoms are worsening.

## Scheduling & Activities

- Keep your family's schedule consistent when it comes to bedtimes, meals, and exercise.
- Have children participate in home schooling activities that may be offered by their schools or other institutions/organizations during school closures.

## Self-Care & Coping

- Loneliness, boredom, fear, anxiety, stress, and panic are normal reactions to a stressful situation such as a disease outbreak.
- Give yourself small breaks from the stress of the situation by reducing media consumption when necessary.
- Take care of your body by:
  - Taking deep breaths, stretch, or meditate.
  - Trying to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep.
  - Avoiding alcohol and drugs.
- Make time for relaxing activities such as reading, movies, music, games, exercising, or engaging in religious activities.
- Continue to make time for outdoor activities while maintaining social distancing. Being outdoors can:
  - Boost your energy and your immune system
  - Provide your daily dose of vitamin D
  - Lower your and your child's stress levels
- Remember, you are a role model. How you handle this stressful situation can affect how your children manage their worries.

## PROTECT YOURSELF AND YOUR FAMILY:

- ☑ Wash hands often for 20 seconds with soap and water or use alcohol-based hand sanitizer that contains at least 60% alcohol
- ☑ Avoid contact with people who are sick, and stay home if you have symptoms
- ☑ Don't touch your eyes, nose, or mouth unless you have clean hands
- ☑ Cover your mouth and nose with a tissue or with the bend/crook of the arm when coughing or sneezing
- ☑ Clean surfaces often with disinfectant
- ☑ Make sure you have an adequate supply of medications taken regularly



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