

# COVID-19 (novel coronavirus)

## Guidance for children and young people with cystic fibrosis

COVID-19 (novel coronavirus) is a new strain of coronavirus affecting humans. Some coronaviruses can cause illness like the common cold and others can cause more serious diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The COVID-19 coronavirus is still new and as such we are still learning more about it.

### Symptoms

Symptoms reported in identified cases of COVID-19 include:

- fever
- a cough
- sore throat
- fatigue
- shortness of breath.

### Treatment

There is no specific treatment for COVID-19 infection. Antibiotics are not effective against viral infections. However, most of the symptoms can be treated with general medical care. There is currently no vaccine for COVID-19 novel coronavirus, but there is considerable work under way across the world.

For the latest information about COVID-19 and service updates for the Queensland Children's Hospital, visit:

[www.childrens.health.qld.gov.au/covid-19/](http://www.childrens.health.qld.gov.au/covid-19/)

To receive the latest notifications about service changes, download the MyQCH app from the App Store or Google Play (and allow notifications).

This is a rapidly evolving situation which we are monitoring carefully. This fact sheet provides the current evidence-based information for families of children or young people with complex or chronic health conditions.

## Frequently asked questions



### How is the virus spread?

The virus is thought to spread mainly from person to person through droplet transmission (when an infected person coughs or sneezes). These droplets can land in the mouths or noses of people who are nearby (within about 1.5 metres). It may be possible that a person can also get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly eyes. This is why regular hand washing is so important.

### Is my child at greater risk of from COVID-19?

We do not know if children with cystic fibrosis are at increased risk of COVID-19.

Given this uncertainty we believe that it is very important to take precautions (outlined below) to protect your child from COVID-19.

Current information shows that the infection is milder in children than in adults.

### Should I take any special precautions to protect my child?

Children with cystic fibrosis should follow the general infection prevention advice to protect them from COVID-19 (see below). We also recommend your child have the seasonal flu vaccine.

As with all viral seasons, it is very important to have a supply of antibiotics available in case your child has a chest flare up or develops a moist cough. Make sure your child has enough medications for the next two to three months.

Seek medical advice if your child is unwell and avoid contact with sick people.



## What should I do if my child develops symptoms of COVID-19?

If your child develops any of the symptoms of COVID-19 and:

- has returned from overseas in the past 14 days, or
- someone in your household has returned from overseas in the past 14 days, or
- has been in contact with a person with confirmed coronavirus,

go to your nearest COVID-19 testing centre or 'fever clinic'. You do not need to phone ahead.

If you are worried your child is very unwell and needs to see a doctor, make an appointment with your GP or local emergency department. It is very important to phone ahead so that the practice or local emergency department can make appropriate safety preparations and protect other patients. This may include asking you to wear a mask.

## Will the supply of my child's medications be affected by COVID-19?

We are closely monitoring issues related to drug supply and, at present, do not anticipate any problems. Currently, there are no shortages linked to COVID-19.

## Will my child's treatment be interrupted?

Every effort will be made to ensure that your child receives their treatment as planned. We are not planning to modify treatment plans at this stage.

## Will my child's outpatient appointments be impacted?

The Queensland Children's Hospital is making some changes to outpatient appointments to limit the number of children and parents in the hospital and support social distancing. This may include offering 'virtual appointments' (via a phone call or telehealth) if it is clinically safe and appropriate to do so. We will contact you if your child is suitable for a virtual consultation, or if there are any other changes to their appointment.

Like every paediatric hospital around Australia and the world, the COVID-19 pandemic has created unprecedented circumstances and we are re-evaluating the situation daily to ensure we continue delivering the safest and best health care to Queensland children and young people.

## Should my child attend school?

We are advising that children with significant underlying respiratory disease should not attend school at this time however if you feel your child should still attend school, they should implement social distancing measures, such as:

- Avoid large gatherings (e.g. school assemblies)
- Avoid athletic contests
- Limit classroom mixing where possible
- Alter schedules to reduce mixing if possible (e.g. arrive just before class start and leave immediately afterwards)

Families are advised to make the best decisions they can based around the individual needs of their children. If you do keep your child home, check if their school can offer home-based learning (distance education or e-learning).

## Should my child wear a mask at home or in the community?

There is very little evidence that face masks will reduce the risk of infection to COVID-19. Masks need to be worn correctly, changed frequently, removed properly and disposed of safely in order to be effective. Therefore, we are not recommending routine use of face masks.

Masks can be useful to prevent the spread of the virus if you are infected. If you have symptoms of a respiratory tract infection and it is essential for you to attend hospital, please wear a mask, or ask for one when you arrive.

## What else can we do to avoid infection?

Basic and respiratory hygiene measures remain the most important measure for preventing infection. These include:

1. Wash your hands with soap and water or alcohol-based hand rubs regularly.
2. Cover your nose and mouth with a tissue or flexed elbow when you cough or sneeze and be sure to dispose of the tissues.
3. Avoid contact with anyone who has flu-like symptoms.
4. Try to stay at least 1.5 metres away from people who are coughing or sneezing.

5. If possible, avoid close contact with family members with flu-like illnesses.
6. Avoid touching your face.

### Should my child and family have the flu vaccination?

The Australian Government recommends and funds the seasonal influenza (flu) vaccine for 'medical at risk' groups from six months of age. Your child's condition may make them eligible for **free** seasonal influenza vaccine, which is expected to be available from 27 April.

Please note, the seasonal 'flu' vaccine does not prevent COVID-19 but is the most important measure we have to prevent influenza and its complications. At this time, preventing this common and serious respiratory infection is extremely important.

You can get the seasonal influenza vaccine at:

- Local immunisation providers (e.g. council clinics and community child health clinics)
- General Practitioners
- Queensland Children's Hospital
  - **Inpatients** – discuss with your treating doctor
  - **Outpatients** – Queensland Specialist Immunisation Service (Level 2, Mon-Fri 8am to 4pm (no appointment required)).

Flu vaccination is also recommended for all family members.

**Please note, the seasonal influenza vaccine will not protect against COVID-19.**

### Contact us

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The information contained in this fact sheet was based on the current evidence-based information about COVID-19 and was correct at time of distribution.

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