



First Nations Health Authority
Health through wellness

Should You Take Your Child to the Doctor During COVID-19?

Guidelines to help your family decide whether medical care is appropriate or needed.

COVID-19 TRANSMISSION RISKS

COVID-19 can make it hard to know if you should take your child into a hospital or clinic. Here is some information to help make your decision:

IMMUNIZATIONS:

Please keep up with [immunizations](#). Routine immunizations are still a vital part of a child's wellness.

NON-EMERGENCY CARE AND CLINICS:

Primary care clinics and services are open and – like hospitals – have taken steps to keep you and your family members safe. If you are without a home clinic or primary caregiver, the FNHA has a program that enables you to visit with a doctor via a laptop, tablet, or over the phone: the [First Nations Virtual Doctor of the Day program](#). You can call 1-855-344-3800 and a family doctor will connect with you to address your concerns, including writing prescriptions or ordering further tests.

EMERGENCIES NOT RELATED TO COVID-19:

Kids will still be kids – they may break bones, get cuts, or have allergic reactions during the pandemic, so please seek emergency care if needed. The BC health care system has capacity to support you.

WORRIED THAT YOUR CHILD HAS COVID-19:

Children's symptoms can be different from adults' symptoms. According to the BC Children's Hospital, you should seek urgent care (call 911 or go to emergency) if your child:



- Is having difficulty breathing, e.g., wheezing, flaring nostrils, rib/chest expanding and contracting excessively.
- Has blue lips or skin, or appears very pale.
- Is coughing excessively, particularly with a fever.
- Is vomiting excessively, especially if there is blood in the vomit.
- Has diarrhea and vomiting, is not producing tears, and has not urinated for several hours.
- Has a high fever, appears very sleepy, and has not improved with acetaminophen (Tylenol) or ibuprofen (Advil).
- Is under three months of age and has a fever of greater than 38 degrees C (100.4 degrees F).

While many sicknesses can be managed well at home, if you are at all concerned, please do not hesitate to reach out or seek care if there are any health concerns with your child.