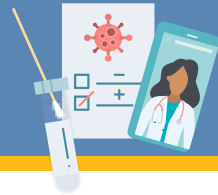# Guidance for Parents or Caregivers of Infants & Children
1 month to 17 years old
When do I need to call 911?

When should I call my infant or child's healthcare provider?

You should contact your infant or child's healthcare provider if they have any of the following COVID-19 symptoms, such as:

- Fever of 100°F (37.8°C) or greater
- Excessive sleepiness or difficulty waking up
- Fussiness, irritability, or confusion
- New loss of taste or smell
- Any of the following that is new or different than usual:
  - Stomach or abdominal pain
  - Headache
  - Nasal congestion or runny nose
  - Cough or sore throat
- Unexplained muscle aches
- Nausea or vomiting
- Diarrhea
- Poor appetite (poor feeding in infants)
- Difficulty breathing, which can look like:
  - Faster breathing[1], such as:
    - Greater than 60 breaths each minute for 0-2 months old
    - Greater than 50 breaths each minute for 2 months to 1 year old
    - Greater than 40 breaths each minute for 1 to 2 years old
  - Stomach sucking in more than usual when breathing
  - Skin pulling in around ribs and collar bone with each breath
  - Slouching or sitting with arms pressed on a hard surface to help with breathing
  - Nostrils flaring
  - Head bobbing up and down with each breath (in infants)
  - Noisy breathing, such as wheezing or grunting.

- Resting more frequently than usual during play or not keeping up with friends
- Pulling away from the breast or bottle to take a breath (in infants and toddlers)

The most common symptoms of COVID-19 in children are cough and/or fever.

This list does not have all possible symptoms. Please contact your medical provider for any other symptoms that are severe or concerning to you.

[1] How to find your child's breathing rate: When your baby/toddler is sleeping, count the number of times their stomach rises and falls in 30 seconds. One rise and fall equals one breath. Double that number to get the breathing rate per minute. When your child is having trouble breathing, they may breathe faster.

When should I call 911 for my child?

Your infant or child needs medical help right away if they have **ANY of the following symptoms:**

- They stop breathing for 15 seconds or longer.
- Severe difficulty breathing, such as gasping for air, severe wheezing, nostrils flaring, grunting, or being unable to walk or talk without catching their breath.
- Blue-tinged skin, especially noticeable around the lips, fingernails, and gums. This may not be as visible on darker skin tones, so pay close attention to your child's breathing and behavior.
- Pain or pressure in the chest that does not go away.
- Acting confused or very irritable.
- Unconscious or very difficult to wake up.
- New or worsening seizures or convulsions.

If you call 911, tell the operator you are seeking care for an infant or child who has or may have COVID-19.

ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT

Colleen Chawla – Agency Director
Kimi Watkins-Tartt – Director
Nicholas Moss, MD – Health Officer

Contact

Public Health Department:
(510) 267-8000 Main Line

COVID-19 Information:
(510) 268-2101

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