

Transmission and Treatment of Covid-19 Disease in Young Children

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Annotation: This article is about how to deal with coronavirus like a child. And what should be paid attention to in the prevention, treatment and treatment of the disease.

Keywords: prevention, disease symptoms, treatment.

Your enemy when it comes to coronavirus in children is fear. Yes, your enemy, not your child. Because the child's psyche is arranged in such a way that he is not afraid to get sick. I have never heard of any of my patients, whether children or teenagers, being afraid of getting sick. In this matter, it is necessary to take an example from them. According to official data, children and adolescents get sick less often than adults.

So far, children make up 1-5% of the total number of people infected with coronavirus worldwide. Also, in 90 percent of cases, coronavirus in children and adolescents is asymptomatic or mild, like SARS (acute respiratory viral infection). In addition, it should be noted that only a few deaths among children have been reported worldwide during the entire pandemic. Moms and grandparents, please stop panicking that my child will get the coronavirus.

Prevention: Regarding coronavirus, the issue of prevention in children is the same as in adults. When taking only vitamin D3, the dosage may vary depending on age. In particular:

- for children from 1 to 5 years old - 1500 IU per day;
- for children from 6 to 13 years old - 2500 IU per day;
- For persons over 14 years of age - 5000 IU per day.

For children, the same rules apply as for adults, in other matters of prevention - use personal protective equipment (mask, gloves), avoid visiting crowded places.

- **Symptoms of the disease:** In most cases, coronavirus in children occurs as a mild form of SARS - sore throat, cough, runny nose and sneezing. In a more severe course of the disease - an increase in body temperature to 37.5-39 degrees, weakness and headache. In children, coronavirus rarely occurs in the gastrointestinal form, with symptoms such as nausea, vomiting, abdominal pain, and diarrhea.

Care: In children, the disease can be treated at home only if it is mild. If the disease is moderate or severe, it is necessary to hospitalize the child. Call a doctor at home. He should check if the

child has acute tonsillitis in the throat or pneumonia in the lungs. If these diagnoses are not confirmed by a doctor, start treatment. Gargle with a solution of furocilin 3 times a day.

If the age of the child does not allow gargling, you can treat the throat with various antiseptic sprays (such sprays can be easily found in a pharmacy). If a child has both a dry and a wet cough, one should not rush to give different syrups, especially if the child is under 5 years old. Drinking plenty of water will help in this situation. Because there are no different dyes and flavoring substances in the water. Also, the humidity temperature in the room should be 20-22 degrees, which is very important for the treatment of cough.

Under these conditions, sputum is well washed and removed from the lungs more easily. If the cough lasts more than 5 days and intensifies, it is necessary to use a drug with the active ingredient ambroxol. This expectorant is available in the form of a syrup for children under 12 years of age, and in the form of tablets for children over 12 years of age. Do not try to bring down the fever if the child does not have a fibrillar spasm, if the body temperature is below 38-38.2 degrees. If it exceeds this level, you can give "Paracetamol" or "Ibuprofen" (children's solution, adult in the form of tablets).

If the fever persists for more than 5 days and does not subside, a CT scan of the lungs should be done to look for pneumonia. But pneumonia is rare in children. If pneumonia is detected on CT (regardless of severity), the child should be hospitalized. If there is no pneumonia, the antibiotic "Amoxiclav" can be given for 5 days, depending on the age and weight of the child.

When coronavirus passes through the gastrointestinal tract: If your child has abdominal pain, nausea, vomiting or diarrhea, you should immediately consult a doctor. There are no recommendations for home treatment of this form of infection. Because children dehydrate faster than adults. Vomiting and diarrhea can cause dehydration. According to the expert, the symptoms of COVID-19 in children are almost the same as with ordinary acute respiratory infections. 80 percent of children infected with coronavirus have a fever, 40-50 percent have cough, weakness, loss of appetite, muscle pain, nausea, indigestion.

In such a situation, concomitant diseases of the child are taken into account when entering the hospital. "If the child has immunodeficiency, congenital heart, liver, kidney, lung, chronic diseases, autoimmune diseases, chemotherapy, hospitalization of the child is recommended," FeruzaSobirova said. According to the pediatrician, in 80% of children infected with coronavirus, the disease proceeds in mild to moderate severity. "Although it has been found that this process is easier in children than in adults, parents who are worried about the health of their child rush to the hospital if he has a fever.

However, in these cases, most sick children can be treated and cared for at home. When a child falls ill, the first thing to do is to contact a family doctor and get the necessary recommendations from him. In this case, it is necessary to contact a pediatrician without using unnecessary and incorrect procedures based on information from non-specialists or on social networks. Based on the protocol for the treatment of children infected with coronavirus, the doctor assesses the degree of the child's condition: mild, moderate, moderate and severe. If the body temperature of a child infected with coronavirus is not higher than 38 degrees, if he leads an active lifestyle and runs, his condition is assessed as mild and moderate. Women with suspected or confirmed COVID-19 may choose to breastfeed. In doing so, they are advised to:

- frequent hand washing with soap or use of an alcohol-based hand rub (especially before touching a child);
- wearing a medical mask before any contact with the child, including when breastfeeding;
- Cover your face with a disposable tissue when you sneeze or cough. Throw the used tissue in the trash immediately and wash your hands again;
- regular cleaning and disinfection of surfaces touched by the mother;

- It is important to change medical masks every two hours and then dispose of them in a waste bin. The front of the face mask must not be touched or reused.

Mothers with symptoms of COVID-19 are advised to wear a medical mask, but should continue to breastfeed even if this is not possible. In this case, mothers should follow other rules aimed at preventing infections, such as washing hands, disinfecting surfaces, covering the mouth and nose with a disposable tissue when sneezing or coughing. It is advisable for young mothers to use a medical mask (not fabric) if possible.

If a mother is unable to breastfeed her baby due to COVID-19 or other conditions, a safe, convenient and acceptable method of providing breast milk should be used. In this case, it is possible to express breast milk and give it to the baby through a bottle with a nipple or use donor breast milk. If this is not possible, another woman who is breastfeeding the baby can be involved, or quality assured artificial nutritional supplements can be used. The position of the newborn on the mother's chest normalizes the child's body temperature and increases its vitality.

Also, the skin-to-skin contact method makes it easier for the mother to breastfeed. It should be noted that the benefits of skin-to-skin contact and breastfeeding are much higher than the risk of contracting the coronavirus. As soon as the mother feels better, she can resume breastfeeding.

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