

Ask the Pediatrician Questions

Focus: Kids 2-10

HOWDY! We've got plenty of questions so we're making this view only. Please use your own pediatricians as a resource!

Post your questions here at the bottom of the document:

SAFETY IN INTERACTIONS: Interacting with family, friends, and nannies

My family is COVID symptom-free and has been on home lockdown since March 15. My brother's family in Long Island has done the same. We would like to visit them so the cousins can play (and to see other humans). **What steps (tests?) should we all take before doing a family visit? And how about for seeing grandparents who are driving distance away?** +15

Summer camp has been canceled for us for all of July so far. **What is the risk to take a domestic flight with my seven year old to Florida so I can work from there and give him some outdoor space and pool with a family member for a few weeks?** My mom has been self-isolating for three months. We have since March 15. No one has been sick on either side. +4

Same question as immediately above regarding travel to the grandparents' house for the summer months (in our case to California) but wondering if it changes anything -- for either our or my parents' safety -- **if my husband and I have positive antibody tests (from the well-regarded Abbott test) after very mild symptoms a couple of months ago?** Would it be valuable information to also get the kids tested for antibodies? +5

Is there any safety benefit to flying private vs flying commercial (in first class)? I can't believe I am asking this question, but I am desperate to see grandparents in California.

Same question as immediately above, but if all parties test negative for antibodies and would like to comingle households, can you explain what that does/doesn't tell us? Given that we can never truly eliminate all the risk... how reckless does this seem? +1

Similar to the above but none of us have been tested but we also have not displayed symptoms. We would not be living together but we will be commingling. +3

We are desperate to get help from our parents (65+) over the summer- it seems safer to live with them (a drive away in Cape Cod) than to have the nanny coming back and forth every day or even every week (she's offered to stay overnight during the week). What are your thoughts on these options? What steps would we need to take to make sure either are safe? +9

Same question as above but parents and myself are still going to work. I'm a nurse working in pediatrics and have been able to avoid going into known COVID+ patient rooms. My mom works at a small community hospital that is supposedly COVID free and my dad is a caretaker/property manager and socially distances himself from clients as best he can but still is in and out of their houses. We're aware that expanding our pod increases everyone's risk of contracting COVID but also feel that we need to take into consideration our mental health, the impact of keeping our 15 month old inside 90% of the time, and the fact that this probably isn't going away anytime in the next year +. I was tested earlier this week with a negative swab and antibody test. My parents and husband are trying to get antibody tests this week.

We would like to visit my parents, who are 70+ years old, this summer to physically check-in on them, help them as needed, and provide them (and us) an opportunity to see each other. My family (myself, husband, and two daughters - 15 months and 3 yrs old) is COVID symptom-free and have been on home-lockdown in Vermont since March 15. My parents have also done the same in their home on Cape Cod. My father has heart issues and diabetes and is the primary caregiver for my mother who has Alzheimers . Our thinking has been to rent a separate place to live so we are closer and able to help but there has been some pressure for us to live with them. **Are there any steps we could take to make sure we'd all be safe if we were to live together?** +2

Similar to some of the above about seeing older parents - my 60+ father has cancer and is undergoing immunotherapy, and he just found out he has to have another surgery. He wants to see us and his toddler grandchild before the surgery. In our house here in NYC, we were all sick and the adults have had positive antibody tests. To see him, we would travel by plane out of state. Do we need to strictly adhere to a 2 week quarantine and then see him, or could we do a hybrid 2 weeks of social distancing seeing him outdoors to decrease risk of getting him sick? Is there anything else we can do to minimize the risk in this situation?

My children's grandparents have already recovered from presumed COVID. (never tested but distinct symptoms following predictable path, under care of doctors via telemedicine). **Is it safe for us to visit them?** Can our children even spend the night with them? If not, is the risk to us or to the grandparents or both? +1

Same as above but with the added part that **both grandparents have positive antibody tests**. We are in need of childcare so my husband can come with me to the hospital to give birth.

In attempting as a layperson to parse the data, it appears to me that the scientific community is not yet clear on whether children pass this virus to adults and to each other just as often as adults do (but mostly asymptotically) OR whether children are actually more resistant than adults and do not transmit it at the same rates. Am I correct that there is not yet sufficient data to know this definitively?

Outside Childcare Help

What is the level of risk to children of a caretaker coming to work on public transportation? I know my nanny (she is not currently working with our family) frequently takes the subway and the bus to the supermarket and other places. She says she always wears a mask and gloves in public transportation. We have been extremely careful during quarantine. When the city begins to reopen and she is able to come back to work, I worry she may bring the virus in since she isn't as careful as we would hope. What is the correct protocol for care takers? Should she wear a mask at all times during the day? Should we ask her not to take public transit (we could pick her up)? Even if she doesn't take public transit I think her family does.

Daycare/summer camp/Alternatives to summer camps-- podding

What steps, tests, or precautions should we take before returning my daughter to daycare? What safety precautions should we insist that her daycare implement before she returns? My daughter is almost 4. A teacher told us that her daycare may reopen in June. +12

Same as above adding: is there a number of kids/adults/people at the daycare that would be considered safe? E.g. less than 10 total?

We are considering leaving NYC for the summer and going to a southern state where daycamps will be open. We fully understand that some states are being irresponsible with their plans to re-open. What factors should we consider before doing this? **What safety features should we look for in the specific camps?** +4

If someone had the option between a nannyshare or preschool for the coming school year, would you have a medical recommendation for what to do? (We are considering unenrolling our toddler from preschool but not sure if we are overreacting.)

Is it safe for my one year old to return to daycare?

Podding: I hear so much about people creating pods but have yet to hear advice on it from doctors or health officials. Is this acceptable? Should we wait for the pause to be over to do this? My family has been keeping to ourselves completely and the idea of being able to extend our circle to another family (with them only extending their circle back to us) is so enticing (a friend for my kids to play with, other adults to talk to, another apartment to sit in, etc), but like many people, I'm paralyzed in fear and don't feel comfortable setting up a situation until someone with authority says it's okay. +6

Babysitting: Our family needs childcare help from now through July for two major projects and we very much need some kind of guidelines about how to do this. Is it better to hire one real grownup who comes in the house or have a few different teenagers play with the kids outside? How important is it that this person never be on mass transit etc.,? In looking to hire some sitters have claimed to test positive for antibodies. Is this actually a selling point?

Health/Vaccinations

May I ask how long can we push well-visits and vaccines that would be given to a 10 and 12 year old? My kids are supposed to go this month, and have always been up to date, but can I postpone through June or even July?

Vaccine related question - My youngest daughter is 15 months old and we postponed her 15 month check-up as we are currently out of state. **How long is it okay to postpone her vaccinations?** +2

Are there any updates on whether we should **avoid ibuprofen within the context of its potential interaction with Covid-19** (e.g., if our toddler has a fever or teething pain)? +5

Similar question to above: if we do suspect Covid-19 (fever plus cough), should ibuprofen definitely be avoided? +1

I have seen reports that pediatric practices in other states are doing drive-by or outdoor vaccinations (to encourage people to stay current with vaccines, without the risk of an office visit). Would your practice consider doing something like this +1

Kids in Quarantine

Kids and masks: my 3 and 5 year old hate having their mouth and nose covered. We have a small outdoor space so we've generally been keeping them home but I guess the question is: is it imperative that kids wear masks when leaving the home and if the kids refuse, then keep them home? **Are there certain circumstances in which it is okay (ie. we find a place to sit in the park that is 10+ feet away from other people) to let kids go without masks?** +8

When is it safe for children to play together in small groups or a 1:1 playdate? Does being outdoors and wearing masks change the calculus? +14

We've been told time and time again that toddlers are resilient an extended period of time without peer interaction won't have any lasting effects. That said, are there any signs we should look out for from a mental health perspective in our 2.5 year old? +3

If we continue to isolate without any in-person peer interaction is that okay?

Our 5 year old has no interest in his Zoom classes whatsoever. He is very lonely and we have to work and take care of a younger sibling. We are concerned about his mental health and social development. At what point should we consider co-mingling with another family for social interaction? +7

Our 5 year old has no interest in Zoom, misses friends but won't do FaceTime. She stares into space (zones out) frequently. What signs should we look out for from a mental health perspective? +2

Kawasaki/PMIS

Can you tell us more about what we are learning about PMIS (pediatric syndrome) and how you think it will affect the prospect of schools opening in the fall? +12

What are the earliest symptoms of the pediatric syndrome (kawasaki and multi-inflammatory) that parents should look out for? Sudden onset? ER or teledoc? I know this depends on how severe things seem but wondering if there's any advice on this. +7

Relatedly, how quickly would this syndrome worsen? Is it important to remain in an area close to hospitals with (good) pediatric ERs (e.g., New York City compared to a more rural area)? +3

I just read on the CDC website that PMIS can appear "weeks after" having COVID. My two young sons and I had COVID close to 8 weeks ago now. **Are they in the "clear" or are they still at risk of contracting PMIS?**

I am an RN, working in NYC hospital with COVID patients. We made the decision a few months ago that I will continue coming home after work, as long as I've taken the proper precautions. (So far, we've been healthy and my antibodies were just tested and are negative) We based this decision not to separate on this not being a big threat to children. With this newly presenting inflammatory syndrome, **I'm re-thinking the need to separate until I am no longer caring for COVID patients.** Would love some input on this from a pediatric risk perspective.

I know several children (including my 2 year old nephew) who got sick with a high fever (and quickly recovered) several weeks into quarantine. It's frustrating to know that kids are still catching viruses given all the precautions families are taking! **Is it possible that some of these "viruses" could be a mild version of the multi-system inflammatory syndrome presenting in kids who were exposed to COVID before the lockdown? +3**

Does PMIS ever show mild symptoms not requiring hospitalization but cause internal or underlying inflammation/damage? Our household was sick with COVID-19 symptoms (my husband and I later had positive antibody tests) and several weeks later our 2 year old had sudden vomiting, fever, and passing out/falling asleep (not at a regular sleeping time). We took her to the ER and she was mostly better later that evening, with some lingering fever. If we didn't see any external inflammation, could she still have had internal inflammation that would be a problem at some point?

Newborns (This webinar is focused on 2-10 year olds; we'll get to these if we have time.)

What are the risks to a newborn? What should we be considering when expanding our very small circle to allow my sister's family who has been in total isolation outside of the city with only trips to the grocery store about every 10 days to visit?+1

If my husband has to go back to the office soon (June/ July) and I am 6 months pregnant and have a 16 month old, **should my husband stay away from home now and/or in August when our baby is born?** Any suggested precautions?

Do you recommend quarantining the family after delivery because of possible exposure in the hospital?

New Questions:

Sleep: For the past few weeks, my 8 yr old daughter is having trouble falling asleep until very late every night. I know that we probably need to increase her outdoor activity and we're working on it, but any other thoughts/suggestions? I was thinking about getting a light therapy lamp and exposing her in the morning, but don't know if that's recommended. +2

What is the level of risk to children of a caretaker coming to work on public transportation? I know my nanny (she is not currently working with our family) frequently takes the subway and the bus to the supermarket and other places. She says she always wears a mask and gloves in public transportation. We have been extremely careful during quarantine. When the city begins to reopen and she is able to come back to work, I worry she may bring the virus in since she isn't as careful as we would hope. What is the correct protocol for care takers? Should she wear a mask at all times during the day? Should we ask her not to take public transit (we could pick her up)? Even if she doesn't take public transit I think her family does.

Are asthmatic children at a higher level of risk if they contract Covid? My almost 4 year old son is on Moltelukast and Flo Vent daily and has been for the past couple of years. I worry that if he contracts the virus he will be affected worse than most other kids. This is usually the case with any other virus he's contracted in the past. It usually goes straight to his lungs and he starts wheezing, etc. which is why he's on preventative meds. Should we be extra careful even as the city starts to reopen? Is he at higher risk?