



MEDICOVER

COVID-19 IN CHILDREN

STEP BY STEP INSTRUCTIONS

Do you suspect your child is infected with SARS-CoV-2?

Here is what you need to do.

If any of the statements below apply to your child, it is recommended to have a telemedical consultation.

- 1** Your child has symptoms of respiratory infection
- 2** Your child is experiencing the following symptoms: raised temperature (between 37°C and 38°C) or fever, coughing, muscle pain, severe fatigue, sore throat, headache, abnormal (or loss of) smell and/or taste
- 3** Your child has had contact with someone infected with SARS-CoV-2, and now is feeling unwell
- 4** Your child is under quarantine and his/her condition has deteriorated
- 5** You have reasons to suspect that your child is infected with SARS-CoV-2

WHAT SHOULD YOU DO?

You may consult a doctor either through your Medicover insurance or through the National Health Fund (NFZ).

Medicover care consultation



1. Book a telemedical consultation for your child for a specific day and time via Medicover OnLine or by calling the Hotline, and the doctor will call you back. Alternatively, you can call the Telephone Medical Advice at **+48 500 900 510** and speak to an internist or paediatrician right away.



2. During the telemedical consultation the doctor may decide that an in person visit at Medicover Centre is needed, especially in the case of feverish newborns or infants, when it is not possible to determine further treatment on the basis of a teleconsultation, or if the child's general condition is worrying. You will then receive an e-Referral for an in person appointment at Medicover Centre. Further treatment depends on the child's clinical condition and the results of the examination at Medicover Centre. During the telemedical consultation, the doctor can also issue an e-Prescription and an electronic sick leave for the guardian to care for the sick child.



4. Book an appointment for your child for the SARS-CoV-2 diagnostic test by calling the Damian Medical Centre's Hotline at **+48 22 566 22 22 22**. Make sure to prepare for the test properly: the swab should be taken in the morning, preferably on an empty stomach, before any medication is applied to the child's nose or throat. Information on the test and details about how to prepare for it are available [online](#) (in Polish).



3. If the doctor determines that your child's symptoms point to a SARS-CoV-2 infection, he/she will recommend performing a paid diagnostic test to confirm the presence of COVID-19.



5. Please use your own means of transport to get to the testing facility. Do not use public transport or a taxi. If you purchase a home RT-PCR test, a courier will deliver and pick up the box test.



6. Follow proper hand hygiene, as well as coughing and sneezing hygiene.



8. Book a follow-up telemedical consultation with a Medicover doctor for your child if you want to discuss the test results.



7. Until you get the test result, follow the precautions that are recommended for home isolation. For more details, [please visit](#) (in Polish).



Consultation within the National Health Fund (NFZ)



1. If you are interested in a free diagnostic service from the National Health Fund, please contact a primary care doctor by telephone. You can find the list of primary care institutions at <https://www.gov.pl/web/koronawirus/teleporady-poz> (in Polish).



2. You can fill out the request form online and **make an appointment for a telemedical consultation** (in Polish) with a primary care doctor. You will receive an e-mail on how to contact the doctor or nurse on duty. Telemedical consultations are available 24h/day, including Sundays and bank holidays.



3. Even if you are not insured with the National Health Fund, during the COVID-19 pandemic you can use public health services free of charge. Call the NFZ helpline at **800 190 590** for instructions on what to do if you suspect coronavirus infection.

Call the **Medicover Hotline at +48 500 900 999** or **Emergency Medical Services at 112** if your child has the following symptoms:

- 1** Breathing problems - rapid breathing, problems with eating, speaking
- 2** High persistent fever that you cannot lower with antipyretic medications
- 3** Is sleepy or unusually hyperactive
- 4** Severe headache, unexplained rash, severe abdominal pain, repeated vomiting/diarrhoea, or is dehydrated

WHAT TO DO WHEN YOUR CHILD HAS TESTED POSITIVE (RT-PCR OR PCR) FOR SARS-COV-2 INFECTION:



1. YOU MUST STAY AT HOME!

Avoid contact with others. Call a primary care doctor (see above: Consultation within the National Health Fund). If you are unable to contact the doctor, get a telemedical consultation at Medcover.



2. Follow the precautions that are recommended for home isolation. For more details, please go to: <https://www.medicover.pl/o-zdro-wiu/opieka-domowa-nad-pacjentem-z-potwierdzonym-zakazeniem-koronawirusem-sars-cov-2,6858,n,192> (in Polish).



3. Check your child's temperature twice a day and monitor their health. Make sure they drink at least 1.5 litres of fluids per day.



6. All other household members must also stay home (they are also under quarantine).



5. Follow proper hygiene. Limit your child's movement around the house. Your child should stay in one, often ventilated room away from other household members. When using the bathroom, make sure they cover their mouth and nose.



4. Check your child's temperature twice a day and monitor their health. Make sure they drink at least 1.5 litres of fluids per day.



7. Between the 8th and 10th day of quarantine, book a check-up for your child through a telemedical consultation with the primary care doctor.



8. The isolation period may not end before the 13th day after symptoms appear, provided that in the last 3 days there are no symptoms of infection. However, the primary care doctor may extend the isolation period. In asymptomatic patients, if no symptoms occur during the isolation, quarantine automatically ends 10 days after the positive test result is obtained.

24/7

10. Call the Medcover Hotline at +48 500 900 999 or Emergency Medical Services at 112 immediately if your child develops any alarming symptoms.



9. If you have any questions about your child's health or well-being or about any alarming symptoms, you can get telephone advice from a Medcover doctor – just call +48 500 900 510. During the telemedical consultation, the doctor may recommend bringing your child to a clinic for an in person visit.