



**ARIZONA**  
DEPARTMENT  
*of* CHILD SAFETY  
Comprehensive Medical  
and Dental Program

## **COVID-19 FAQs and Resource Information for Caregivers**

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### **What is COVID-19?**

COVID-19 is the disease caused by the Novel coronavirus.

### **What are the symptoms of COVID-19?**

COVID-19 symptoms have included mild to severe respiratory illness with fever, cough, and shortness of breath. Symptoms may appear **2 to 14 days after exposure**.

### **Who can get the COVID-19? How is it spread?**

Anyone who is exposed to the virus can get COVID-19.

The virus is spread mainly from person to person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

### **Is there a vaccine for COVID-19?**

No, currently there is no vaccine for COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

### **Is there a treatment for COVID-19?**

There is no specific treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

### **What do I do if I think my child has been exposed to COVID-19 or I'm concerned about my child's symptoms?**

Call your pediatrician or doctor immediately. Your doctor may be able to offer telehealth services.

### **What is Telehealth?**

Telehealth is a tool that uses technology to provide some health care services to you or your child. [American Academy of Pediatrics](#) has a helpful summary of Telehealth Services for children.

### **Who should I contact if I need help finding a Pediatrician?**

For assistance in finding a pediatrician in your area, contact [CMDP](#) at 602.264.3801, toll free 800.201.1795, or 7-1-1, or email us at [CMDPMemberServices@azdcs.gov](mailto:CMDPMemberServices@azdcs.gov).

### **How do I protect my family?**

There is no currently no vaccine to prevent COVID-19, but you can help keep your family healthy by:

- Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose. Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid close contact with people and keep kids away from others who are sick.
- Reduce close contact by practicing “social distancing”.
- Stay home when you are sick or keep children home if they are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Wash stuffed animals or other plush toys, following manufacturer’s instructions.
- Avoid touching your face and teach children to do the same.

### **Are children more susceptible to the virus that causes COVID-19?**

No, there is no evidence that children are more susceptible. Although infections in children have occurred, most confirmed cases of COVID-19 reported from China have occurred in adults. From what is known about previous novel coronavirus outbreaks such as the SARS-CoV and MERS-CoV outbreaks, infection among children was relatively uncommon.

Children should engage in usual preventive actions to avoid infection, including washing hands often with soap and water for 20 seconds or using an alcohol-based hand sanitizer when soap and water are unavailable, avoiding sick people, and staying up to date on vaccinations, including influenza vaccine.

**What does COVID-19 look like in children?**

There have been few reports of the clinical outcomes for children with COVID-19. From what is known, children with confirmed COVID-19 may present with mild symptoms, with rare instances of severe complications. As with other respiratory illnesses, certain populations of children may be at increased risk of severe infection, such as children with underlying health conditions.

**Are there any treatments available for children with COVID-19?**

Currently, there are no antiviral drugs recommended or licensed by the U.S. Food and Drug Administration for COVID-19.

**ADDITIONAL RESOURCES****Where can I get information and updates about the coronavirus and COVID-19?**

For additional information and updates on the coronavirus and COVID-19, visit the [Centers for Disease Control \(CDC\)](#) and the [Arizona Department of Health Services \(ADHS\)](#). You can also visit the [American Academy of Pediatrics \(AAP\)](#).

**Where can I get information on how to disinfect my home if someone is sick?**

[Center for Disease Control and Prevention](#) offers information on how to clean and disinfect frequently touched surfaces and objects.

The [Arizona Poison Control System](#) is now available to take COVID-19 calls from Arizona providers and the general public at 1-844-542-8201.

If you have any questions or would like additional resources, please contact CMDP at 602.351.2245, toll free 800.201.1795 or email [CMDPMemberServices@azdcs.gov](mailto:CMDPMemberServices@azdcs.gov) for assistance. You can also visit our website at <https://dcs.az.gov/services>.

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*Thank you!*

Comprehensive Medical and Dental Program (CMDP)