

Instructions regarding children at risk for severe coronavirus (COVID-19) infection

HUS has collaborated with other university hospitals to prepare detailed instructions for specific patient groups.

Children and adolescents are at low risk for developing a severe coronavirus infection, if

- they are healthy,
- have a well-controlled chronic illness, such as asthma or a heart condition, or
- have diabetes without any significant complications.

However, unnecessary exposure to coronavirus should be avoided. For some patients, this may mean staying home from day care and school. We recommend that children in the risk groups detailed below stay home. The doctor in charge of the child's care should assess the child's situation and decide if the child (and their siblings as well, if necessary) should stay home.

If the child has stayed in school / day care without restrictions during flu and RSV seasons previously, there is no reason to stay home from school or day care during the coronavirus epidemic either.

Children with the following diseases are at higher risk for severe illness from coronavirus:

1. Lung diseases

- Rare and difficult lung diseases
- Children's lung diseases or myopathies that require ventilation support or supplemental oxygen
- Lung disease that involves increased pulmonary vascular resistance (pulmonary hypertension)
- Severely reduced capacity to clear mucus from the lungs (difficult bronchiectasis or ciliary dysfunction in the bronchi), exceptionally difficult asthma

2. Cardiac Diseases

- Difficult cardiac insufficiency
- Pulmonary hypertension
- Children whose pulmonary circulation relies on a shunt (BT shunt, RV-PA shunt)
- Cyanotic tetralogy of Fallot (TOF) that has not been operated

3. Immunosuppressed and other immunocompromised patients

- Children receiving chemotherapy or other strong immunosuppressive therapy (cancer treatment, children who have received an organ transplant, certain neurological patients)
- Difficult congenital immunodeficiencies

4. Neurological patients

- Pediatric neurology patients with respiratory insufficiency and/or increased susceptibility to infection