



# HOUSTON HEALTH DEPARTMENT

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DEPARTMENT

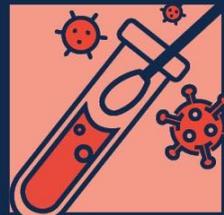
# How COVID-19 Affects Children

Council Committee on Children & Youth

Dr. David Persse

*Chief Medical Officer, City of Houston*

February 9, 2021



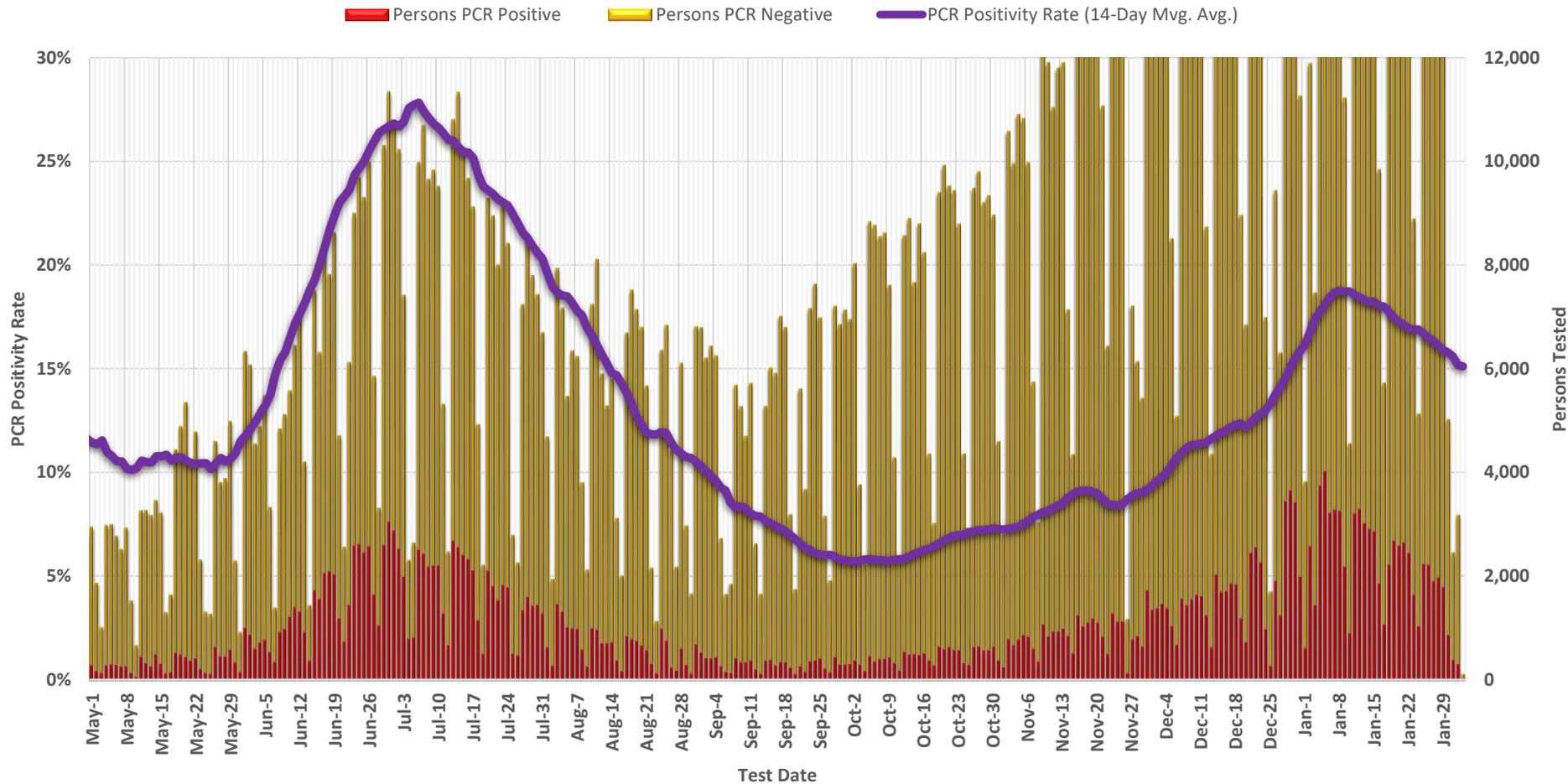
**Don't stop.**  
**Don't forget.**

MASK UP. SOCIAL DISTANCE. WASH HANDS. GET TESTED.

# Houston's COVID-19 Positivity Rate



## 14-day Moving Average



Date	Rate
01/13/20	18.3
01/20/21	17.3
01/27/21	16.4
<b>02/03/21</b>	<b>15.1</b>

**NOTE: This is a dynamic chart that changes daily.** Due to a data lag, the bars on the right do not contain full data for those dates. This impacts the purple line, representing the **14-day moving average.**



**Hazlo siempre.  
Haz que cuente.**

PONTE LA MÁSCARA. DISTÁNCIATE. LÁVATE LAS MANOS. HAZTE LA PRUEBA.



# COVID-19 Variants

## U.K. and South African

- First two cases of the U.K. variant identified in Houston.
- South African variant recently identified in Fort Bend County.
- Variants do not appear to make people sicker but are more contagious.
- The current vaccines so seem to be effective against the U.K. variant but less effective against the South African variant.
- The same prevention for the traditional strain work against the variants.



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# COVID-19 in Children

## Overview

- Children can get sick with COVID-19.
- Like adults, children may not have symptoms but still spread the virus.
- Most children with COVID-19 have mild or no symptoms.
- Some children can get severely ill from COVID-19.
- Investigating rare but serious medical condition in children called Multisystem Inflammatory Syndrome in Children (MIS-C).



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# COVID-19 in Children

## Babies

- Babies might be more likely to have severe illness from COVID-19.
- Other children, regardless of age, with the following underlying medical conditions might also be at increased risk of severe illness :
  - Asthma or chronic lung disease | Diabetes | Genetic, neurologic, or metabolic conditions | Sickle cell disease | Heart disease since birth | Immunosuppression | Medical complexity | Obesity



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# COVID-19 in Children

## Symptoms

- Common symptoms of COVID-19 in children:
  - Fever or chills | Cough | Nasal congestion or runny nose | New loss of taste or smell | Sore throat | Shortness of breath or difficulty breathing | Diarrhea | Nausea or vomiting | Stomachache | Tiredness | Headache | Muscle or body aches | Poor appetite or poor feeding
- Pay particular attention to:
  - Fever | Sore throat | New uncontrolled cough that causes difficulty | Diarrhea, vomiting, or stomachache | New onset of severe headache, especially with a fever



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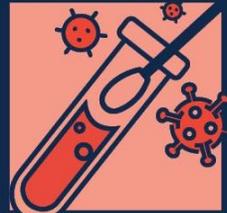
# The Health and Wellbeing of Children in a Pandemic

Council Committee on Children & Youth

Stephen L. Williams

*Director, Houston Health Department*

February 9, 2021



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# Who Currently Qualifies

## Texas Department of State Health Services

Everyone who wants to get vaccinated will eventually be able to do so but initial doses are allocated for **critical populations** as identified by Texas:

- **Phase 1A** focuses on front-line health care workers and residents of long-term care facilities.
- **Phase 1B** focuses on people 65 and older and those with medical conditional that put them at greater risk of severe illness.
- As vaccine availability increases, people will be able to get vaccinated at doctor's offices, pharmacies, hospitals and other "usual" sites.



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# COVID-19 Vaccination Strategy

## Access & Equity

- Focusing allocation on Area Agency on Aging waitlist and vulnerable communities.
- Partnering with FQHCs and pharmacies in high priority zip codes.
- Providing vaccine at fixed sites, health centers and multi-service centers.
- People can register for the *HoustonRecovers* subscription of [AlertHouston](#) to learn about new appointment opportunities through email, text message, voice call, or mobile app push notification.



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# COVID-19 Vaccination Update

## Second Doses

- Reaching out by text message and email with links to self-register for a second dose appointment.
- People with technology challenges and those who don't receive a message should contact the COVID-19 call center at 832-393-4220 approximately 48 hours before recommended 28-day due date.
- Updated guidance from CDC says Moderna's second dose should be administered as close as possible to the recommended 28-day interval but can be scheduled up to 42 days after the first dose.



請勿停止。  
請勿忘記。

戴口罩。社交距離。洗手。接受檢測。



# Tips for Talking to Children

About COVID-19



- **Remain calm.** Children react to both what you say and how you say it. They will pick up cues from your conversations.
- **Reassure children that they are safe.** Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Make yourself available to listen and to talk.** Let children know they can come to you when they have questions.



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# Tips for Talking to Children

## About COVID-19



- Try to keep information simple and remind children that health and school officials are working hard to keep everyone safe and healthy.
- Encourage children to frequently wash hands and to stay away from people who are coughing or sneezing or sick.
- The Houston Health Department works with and advises local school districts when cases are detected on campuses.
- This includes everything from infection control to school closures.



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