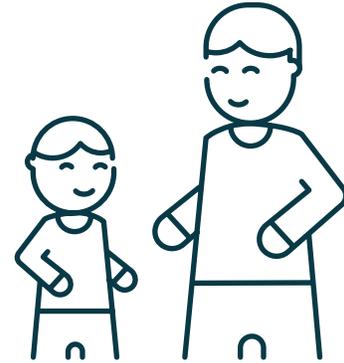


COVID-19

Q&A for parents

Lots of parents are worried at a time like this, and you may have many questions about how to keep your family safe. Here are the answers to some common questions that parents are asking.



“How likely is it that my child will get sick?”

Most reported cases of COVID-19 so far have been in adults. This may be because most children don't get sick or they have mild symptoms.

We don't know yet whether some children, like those who have a serious health problem, may be at higher risk of getting sick. Experts are studying the virus and learning more every day.

“Do kids who get COVID-19 have the same symptoms as adults?”

Yes, but children often seem to have milder symptoms. In most cases, their symptoms are like they'd have with a cold—a fever, a runny nose, and a cough. In some cases, kids have had vomiting and diarrhea.

“Does my child need to wear a face mask?”

Not unless your child is sick. The only people who should wear face masks are those who are having symptoms like coughing or sneezing and those who are taking care of sick people.



“What are the best ways to protect my child from the virus?”

The most powerful steps you can take to protect yourself and your family are to:

Wash hands well and often.

Everyone in your household needs to do this.

- ✔ **Wash your hands well with soap and water for at least 20 seconds.** If you can't use soap and water, use a hand sanitizer with at least 60% alcohol.
- ✔ **Wash your hands after you use the bathroom, before you make or eat food, and after you cough, sneeze, or blow your nose.** If you leave your home, wash your hands as soon as you return.

Practice social distancing.

Social distancing means putting space—6 feet (2 meters)—between yourself and other people. And avoid contact with others as much as you can. This may be tough with kids, but it's so important to help prevent the spread of the virus.

- ✔ **Keep your child at home as much as possible.** Don't let your child go to other homes for visits or play dates.
- ✔ **Avoid gathering places like playgrounds.** And keep your distance from others. Being in crowds or touching playground equipment may spread the virus.
- ✔ **Limit visitors to your home.** Help your child connect to friends and family by phone or computer.
- ✔ **Help your child stay active in safe ways.** Walk or ride bikes with your child. Look for games that encourage indoor activity. Or turn on music and have a dance party.