



# COUNTRYSIDE PUBLIC HEALTH COVID-19 CARING FOR CHILDREN

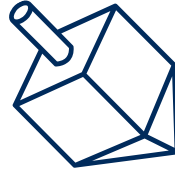


*Recommendations from CDC*

## The key to slowing the spread:

- Limit social interactions
  - Children should not have play dates
  - Remain 6 feet from anyone who is not in their household
- Practice social distancing
- Everyday preventive behaviors
  - WASH YOUR HANDS

Tips to keep children healthy while school's out.



## Steps to Protect Children from Getting Sick:

- Clean hands often
- Avoid people who are sick
- Clean & disinfect high touched surfaces daily
- Launder Items

## Launder Items:

- Washing all toys, including plush toys
- Use the warmest appropriate water setting & dry immediately



## Clean & Disinfect High Touched Items:

- Tables & Chairs
- Doorknobs & Handles
- Light Switches
- Remotes & Phones
- Sinks & Bathroom Facilities
- Desks



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## Help Children Continue Learning:

- Stay in touch with your child's school
- Create a schedule & routine for learning at home
- Consider the needs & adjustment required for your child's age group
- Look for ways to make learning fun
  - Hands on Activities
  - Independent Play
  - Practice handwriting by writing letters to family members
  - Start a journal to document this time together
  - Use audiobooks
- Check with your school on plans to continue meal services!



Tips to keep children connected while schools out.

## Keep Children Healthy:

- Watch for signs & symptoms of illness
- Watch for signs & symptoms of stress
- Teach & reinforce everyday preventive actions
  - Be a good Role Model
- Help your child stay active
- Help your child stay socially connected
  - via phone or video chats
  - Letters or Cards



## Children Signs & Symptoms:

- Presented with Mild Symptoms
- Cold-Like
  - Fever, Runny Nose, & Cough
- Sometimes: Vomiting & Diarrhea
- Children do not appear to be at higher risk for COVID-19



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