

# Parents **COVID-19** Frequently Asked Questions

According to the CDC, **children do not appear to be at higher risk for getting COVID-19 than adults.** While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.

At this point, there is no vaccine to prevent COVID-19. While 80-85% of individuals infected with COVID-19 appear to have mild illness, **the virus can cause severe illness including, pneumonia in high risk populations like older adults and people who have chronic medical conditions.**

## The symptoms of COVID-19 include:



Fever

Cough



Shortness of Breath



**The best ways to prevent infection in your family and the spread of COVID-19 in your community are to know how it spreads and avoid being exposed to the virus.**

## What is COVID-19?

COVID-19, also known as coronavirus disease 2019, is an illness caused by a new coronavirus that has infected a large number of people across multiple continents. It appears to be spreading easily and sustainably in communities across the United States.

## How does it spread?

COVID-19 is thought to spread mainly from person-to-person. This occurs between people who are in close contact with each other (within about six feet) or through respiratory droplets from an infected person's sneeze or cough. These droplets can land in the mouths or noses of others nearby or can be inhaled. It may be possible that a person can become ill with COVID-19 after droplets have landed on a surface and someone touches their mouth, nose, or eyes.

## Can someone spread the virus without being sick?

People are thought to be most contagious when they are symptomatic (the sickest), but it might be possible that this virus is spread before people show symptoms; however, with limited reports of this type of transmission, this is not thought to be the main way the virus spreads.

## What are symptoms of COVID-19?

COVID-19 symptoms may arise 2-14 days after exposure and include mild to severe respiratory illness with

- fever
- cough
- shortness of breath

The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 generally have mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported. It's not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is much more to be learned about how the disease impacts children.

## What is the risk of my child becoming sick with COVID-19?

At this time, children do not appear to be at a higher risk for COVID-19 than adults. There have been cases of children and infants becoming ill with COVID-19, but adults make up most of the known cases to date. Individuals at higher risk for getting very sick from this illness include older adults and people with serious chronic medical conditions like heart disease, diabetes and lung disease.

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## When should I seek medical attention?

If you or your child develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

## How can I protect my children and family?

One of the best ways to prevent illness is to avoid being exposed to this virus. Below are some steps parents can take to protect their children, family and neighbors:

### Clean everyone's hands often.

- Wash hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.  
Tip: Sing Happy Birthday twice to get the chore done.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of hands and rub them together until they feel dry.
- Avoid touching eyes, nose, and mouth with unwashed hands.

### Practice social distancing.

Adults and children need to put distance between themselves and other people of approximately 6-feet. This will help slow the spread of COVID-19 in our communities as much as possible.

### Avoid contact with people who are sick.

Everyone should avoid people who are coughing and sneezing.

### Keep sick adults and children home.

Everyone needs to stay home if sick, except to get medical care. Call a doctor to discuss symptoms and the next steps before going to their office for care, except in an emergency.

### Cover coughs and sneezes.

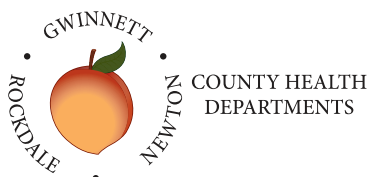
Practice and teach your children respiratory etiquette:

- Cover mouth and nose with a tissue when coughing or sneezing. If a tissue is not available use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### Clean and disinfect often.

- Clean AND disinfect frequently touched surfaces often. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Wash items including washable plush toys in accordance with the manufacturer's instructions. If possible, wash items using the warmest appropriate water setting for the items and dry items completely.

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For more information visit  
[www.gnrhealth.com/covid-19-info](http://www.gnrhealth.com/covid-19-info)

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# COVID-19 Parents Frequently Asked Questions

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## Can my child play with their friends?

Information about COVID-19 in children is somewhat limited, but current data suggest **children with COVID-19 may show only mild symptoms. However, they can still pass this virus onto others who may be at higher risk**, including older adults and people who have serious chronic medical conditions.

**At the time of writing this, the CDC recommends that parents do the following:**

### Limit Social Interactions.

The key to slowing the spread of COVID-19 is to limit social interactions as much as possible. Parents should minimize play dates, and if held, parents should keep the groups small. Advise older children to hang out in a small group and to meet up outside rather than inside. It's easier to keep and maintain space between others in outdoor settings, like parks.

### Practice Social Distancing.

If you have small meetups, consider hanging out with another family or friend who is also taking extra measures to put distance between themselves and others (i.e. social distancing).

### Clean and Disinfect.

Make sure children practice everyday preventive behaviors, such as cleaning and then disinfecting frequently touched surfaces.

### Revise Spring Break & Travel Plans.

Parents should help their older children revise spring break plans that included non-essential travel to crowded areas.

**Remember, if children meet outside of school in bigger groups, it can put everyone at risk.**

For the most up-to-date recommendations, visit [www.cdc.gov/coronavirus/2019-ncov/prepare/children.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html).

## Should children wear masks?

No, children and adults who are healthy do not need to wear a mask. Only people who have symptoms of illness or who are providing care to those who are ill should wear masks.

## How should I prepare for the possibility of childcare closings?

If there is a COVID-19 spread in your community, childcare centers may decide to temporarily close to help slow the spread of the virus. They also may decide to dismiss children early if there are too many children or staff is absent. Many childcare facilities use email to update families, so it is imperative that your child's childcare knows how to reach you.

Working parents should be prepared by having alternative childcare plans or talking with their employers about work-from-home options during closings.

Parents of school-age children should look to their child's teacher, school or school system for education-related direction and learning alternatives if your child's school is temporarily closed.

## How should I explain COVID-19 to my children?

News coverage about the COVID-19 pandemic can be overwhelming for all. Parents and others who work closely with children should filter information and talk about it in a way that their child can understand. These tips can help:

- Simple reassurance such as letting children know that researchers and doctors are learning as much as they can about the virus and are taking steps to keep everyone safe.
- Give children some control by reminding them that they can help the situation by washing their hands often, coughing into a tissue or their sleeves and getting enough sleep.

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- Children may not have the words to express their worry. Watch for signs of anxiety. Reassurance and sticking to normal routines can help.
- Monitor media by keeping young children away from frightening images on TV, social media, computers, etc.
- For older children, talk about what they are hearing on the news or from their friends and correct any misinformation or rumors.
- Be a good role model by explaining to your children that while COVID-19 started in Wuhan, China, it doesn't mean that having Asian ancestry makes someone more susceptible to the virus or more contagious. Stigma and discrimination hurt everyone by creating fear or anger towards others. Be a role model for your children by showing empathy and support for everyone.

## The following websites offer reliable information for COVID-19:

### Centers for Disease Control

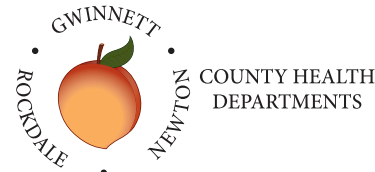
[www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

### Georgia Department of Public Health

[www.dph.georgia.gov/novelcoronavirus](http://www.dph.georgia.gov/novelcoronavirus)

### Gwinnett, Newton and Rockdale County Health Departments

[www.gnrhealth.com/covid-19-info](http://www.gnrhealth.com/covid-19-info)



**For more information visit**  
**[www.gnrhealth.com/covid-19-info](http://www.gnrhealth.com/covid-19-info)**

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# CORONAVIRUS DISEASE 2019 (COVID-19)

**COVID-19** is a **respiratory illness** caused by a **new coronavirus** that originated in China. COVID-19 **spreads person to person, anyone can be infected.**

## HIGHEST RISK



- ✓ **TRAVELERS** to countries with widespread outbreaks and their close contacts.
- ✓ **OLDER PERSONS (60+)**
- ✓ **PERSONS WITH CHRONIC HEALTH CONDITIONS** such as diabetes, heart disease, HIV...

## INCUBATION



**AVERAGE PERIOD:  
5 DAYS**

## SYMPTOMS

Most cases are **MILD TO MODERATE.**



**COUGHING**



**SNEEZING**



**RUNNY NOSE**



**FEVER**



**SHORTNESS OF BREATH**

## PREVENT THE SPREAD



- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching your eyes, nose + mouth** with unwashed hands.
- ✓ **Cover your cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick.**
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

## IF YOU THINK YOU OR A FAMILY MEMBER HAS COVID-19



**1 Call your healthcare provider right away.**



**2 Tell the doctor about your recent travel + your symptoms.**



**3 Your healthcare provider will tell you how to get care without exposing others.**



**4 Stay home & avoid contact with others.**

For more information: [dph.georgia.gov/novelcoronavirus](https://dph.georgia.gov/novelcoronavirus)  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)