# Parents

# COVID-19
## Frequenty Asked Questions

According to the CDC, **children do not seem to be at higher risk for getting COVID-19. People at an increased risk for severe illness from COVID-19 include older adults and people who have chronic medical conditions like heart disease, diabetes and lung diseases.**

There is currently no vaccine to protect against COVID-19. The best way to prevent COVID-19 infection is to limit exposure. **Childcare providers can employ everyday practices that will help keep all people healthy.**

**The symptoms of COVID-19 include:**

**Fever**

**Cough**

**Shortness of Breath**

## What is COVID-19?

COVID-19 is the abbreviated name for Coronavirus Disease 2019. It was discovered in December 2019 and has now spread worldwide. This disease is caused by a novel corona virus that was identified in Wuhan, China. There are many types of coronaviruses that affect humans. These include viruses that commonly causes mild upper respiratory tract illnesses. COVID-19 is a new disease.

## What are symptoms of COVID-19?

COVID-19 symptoms include mild to severe respiratory illness with fever, cough, and difficulty breathing. Symptoms may arise 2-14 days after exposure.

## 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 (about six feet) or through respiratory droplets from an infected persons' 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.

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

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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## How can I protect my children and family?
- Wash your hands often using soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alchohol.
- Avoid people who are sick (coughing and sneezing)
- Stay home when you are sick.
- Clean and disinfect frequently touches surfaces (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, phones).
- 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.
- Avoid travel to areas that have a COVID-19 outbreak.

## Should children wear masks?
No, children that 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 school and childcare closings?
If there is a COVID-19 outbreak in your community, schools and childcare centers may decide to temporarily close to help slow the spread of the virus. Schools also may decide to dismiss students early if there are too many students or staff absent. Many schools use email to update families, so it is imperative that your child's school knows how to reach you.

Working parents should be prepared by having an alternative childcare plans or talking with their employers about work from home options during school closings. If your child attends a college or university, it is imperative they learn about the school's plan for aoutbreak.

## How should I explain COVID-19 to my children?
News coverage about the outbreak of COVID-19 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 them 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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**For more information visit**
**www.gnrhealth.com/covid-19-info**

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

- 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 together about what they are hearing on the news 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**
https://www.cdc.gov/coronavirus/2019-ncov/index.html

**Georgia Department of Public Health**
https://dph.georgia.gov/novelcoronavirus

**Gwinett, Newton and Rockdale County Health Departments**
https://gnrhealth.com/covid-19-info

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# How to prevent the spread of:
# CORONAVIRUS DISEASE 2019 (COVID-19)

## INFECTION PREVENTION STEPS

- ✓ **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.

**Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.**

**1 USE SOAP**

**2 PALM TO PALM**

**3 BACK OF HANDS**

**4 FINGERS INTERLACED**

**5 BASE OF THUMBS**

**6 FINGERNAILS**

**7 WRISTS**

**8 RINSE HANDS**

**9 DRY HANDS**

## PROPER HANDWASHING TIPS

- • Wash hands thoroughly with soap + warm water.
- • Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- • Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

## HOW TO USE HAND SANITIZERS

- • Apply the sanitizer to the palm of one hand (follow label directions on how much to use).
- • Rub hands together.
- • Rub the sanitizer over all the surfaces of your hands + fingers until your hands are dry.

For more information: **dph.georgia.gov/novelcoronavirus**
**cdc.gov/coronavirus/2019-ncov/index.html**

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