Children are not at higher risk

- Based on available evidence, children do not appear to be at higher risk for 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.

Children may present with mild symptoms

- The symptoms of COVID-19 are similar in children and adults.
- However, children with confirmed COVID-19 have generally presented with 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.

Steps to protect children from getting sick

- You can encourage your child to help stop the spread of COVID-19 by teaching them to do the same things everyone should do to stay healthy!
- Clean hands often using soap and water or alcohol-based hand sanitizer.
- Avoid people who are sick (coughing and sneezing).
- Clean and disinfect high-touch surfaces daily in household common areas (e.g., tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).
- Launder items, including washable plush toys as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people’s items.

Does my child need to wear a mask?

- As of April 13th, the CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Developed by UConn Dietetics student Olivia Knight Department of Allied Health Sciences SNAP Ed School and Family Program

Children: Children and COVID-19

Tips for Parents and Caregivers of

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http://bitly/COVID-19-Extension

CDC COVID19 Guidelines For more information visit: https://www.cdc.gov/coronavirus/2019-ncov/