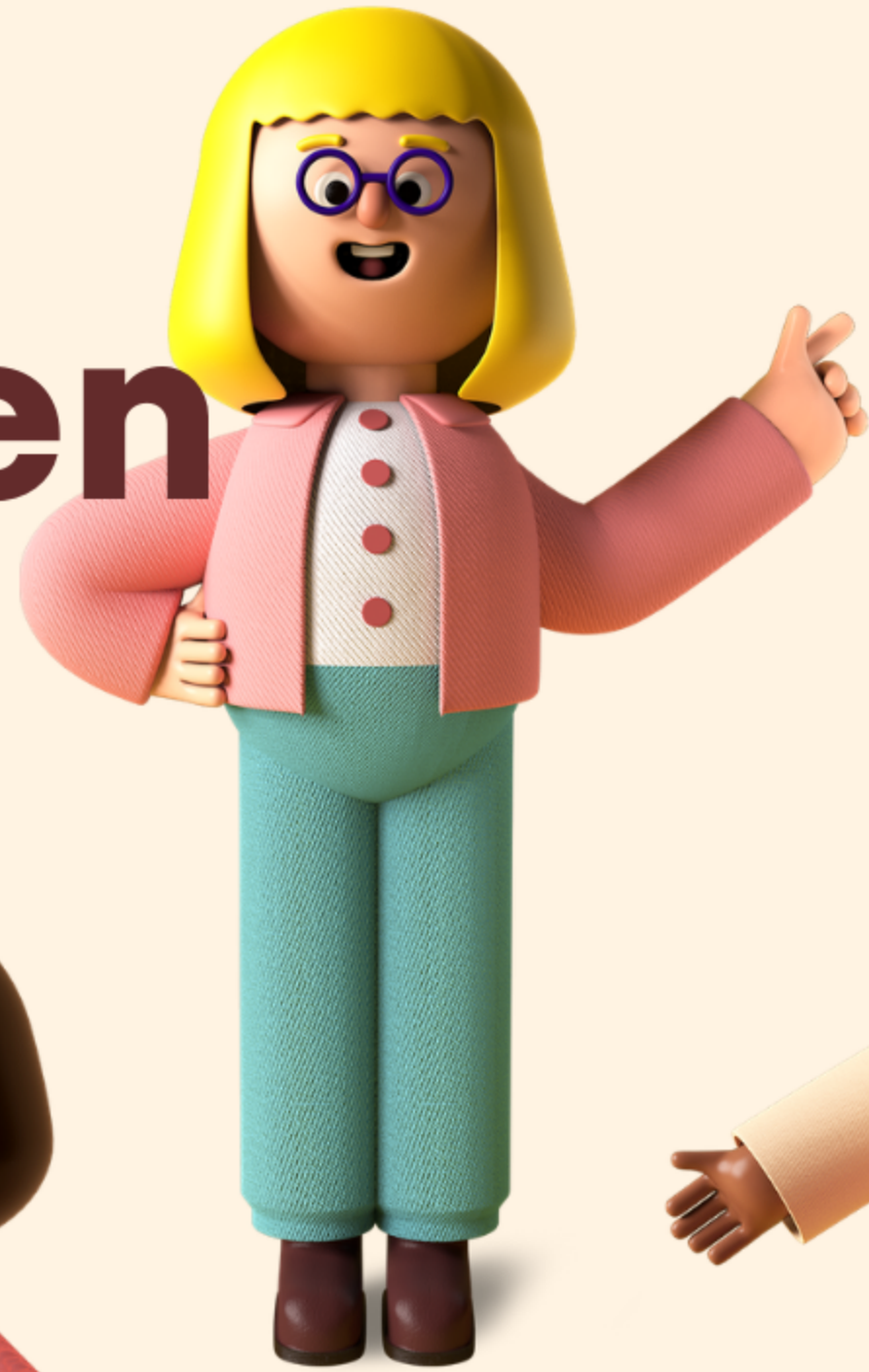


A Parent's Checklist for

Keeping Children Safe During COVID-19



This information has been provided by
The Indiana Joint Asthma Coalition



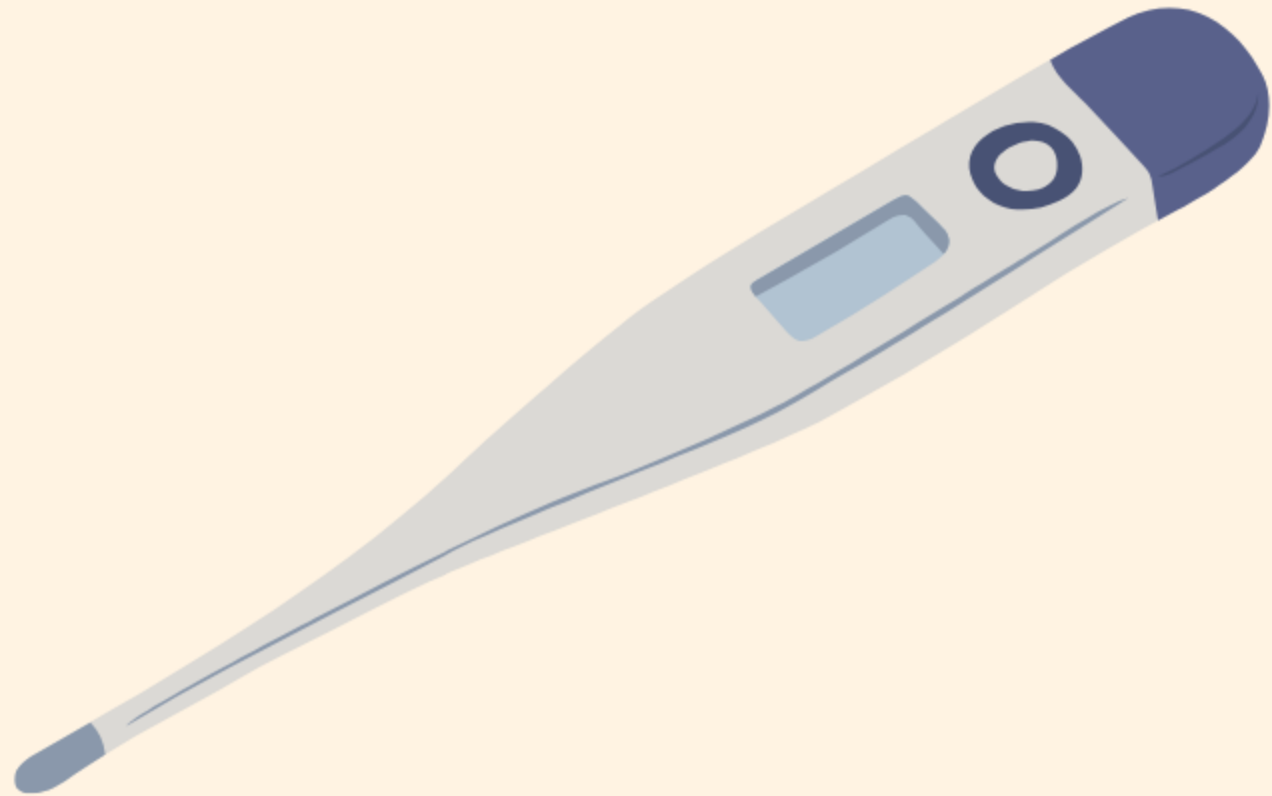
Based on available evidence, most children do not appear to be at higher risk for COVID-19 than adults.

While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.

1

Watch your child for any signs of COVID-19 illness

COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu.



People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems.

CDC and partners are investigating cases of multisystem inflammatory syndrome in children (MIS-C) associated with COVID-19.

Learn more about COVID-19 and multisystem inflammatory syndrome in children (MIS-C) by visiting:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>



2 Keep children healthy

Teach and reinforce everyday preventive actions



Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.

Be a good role model—
if you wash your hands often, they're more likely to do the same.

Make handwashing a family activity.

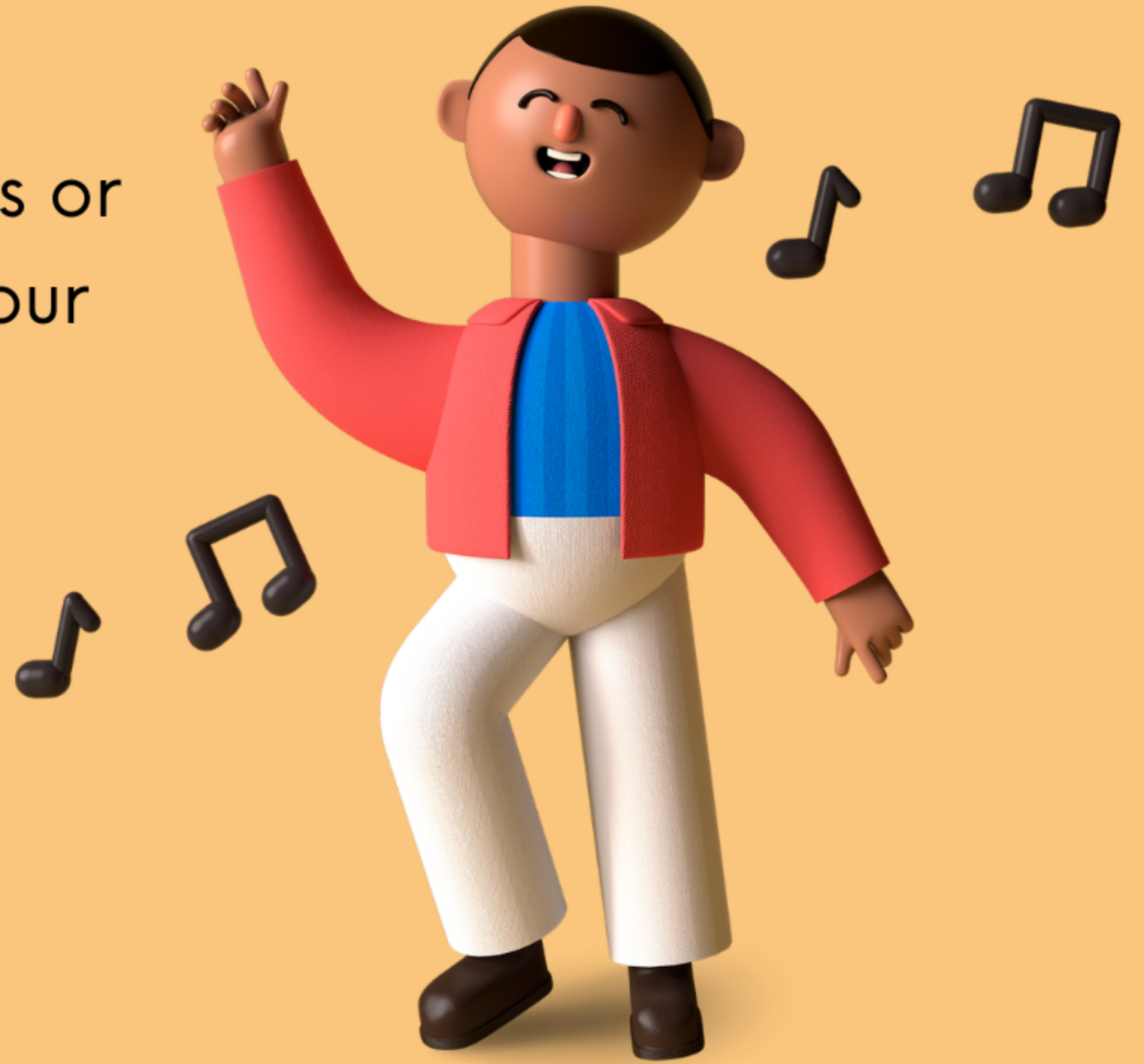
Learn more about what you can do to protect children.



3 Help your child stay active

Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.

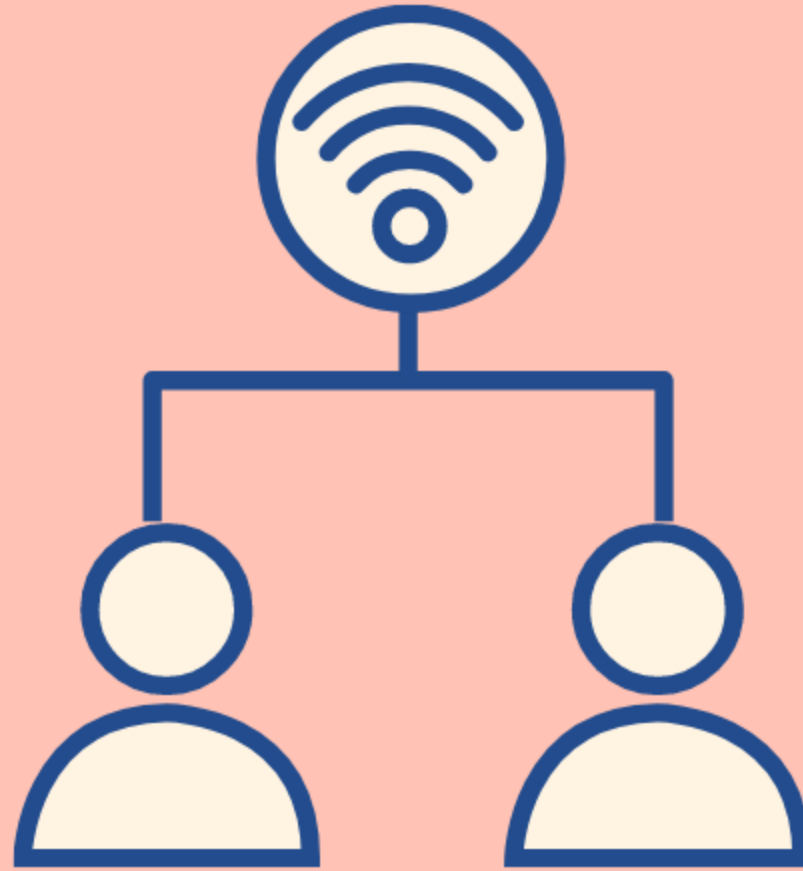
Encourage your child to play outdoors—it's great for physical and mental health. Take a walk with your child or go on a bike ride.



4

Help your child stay socially connected

Check to see if your school has tips and guidelines to help support social and emotional needs of your child.



Reach out to friends and family via phone or video chats.

Write cards or letters to family members they may not be able to visit.

Some schools and non-profits, such as the Collaborative for Academic, Social, and Emotional Learning and The Yale Center for Emotional Intelligence, have resources for social and emotional learning.

5 Help your child cope with stress

Watch for signs of stress or behavior changes

Not all children and teens respond to stress in the same way.
Some common changes to watch for include:

Excessive worry or sadness

Unhealthy eating habits

Unhealthy sleeping habits

Difficulty with attention and concentration





Support your child



Parents can find more information about supporting their children during a COVID-19 outbreak on CDC's [Helping Children Cope](#) page.



Talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.



Learn more about common reactions that children may have and how you can help children cope with emergencies.



Community Health Partnerships

Indiana Clinical and Translational
Sciences Institute

Thank you for your interest.

For any questions, and more information visit our website:

<https://indianactsi.org/community/initiatives/indiana-joint-asthma-coalition/>

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