

# CORONAVIRUS OUTBREAK

## KEEP YOUR CHILD SAFE

### There Is No Approved COVID-19 Vaccine For Children At This Time!

It is important to know that the more your child interacts with other people, and the longer they interact, the higher the risk of your child getting or spreading COVID-19. The key to slowing the spread of COVID-19 is to limit contact with others as much as possible.

### GUIDELINES FOR KEEPING YOUR CHILDREN SAFE:

- Avoid contact with anyone outside of your own household if possible.
- Maintain social connections by connecting virtually with other children
- Supervised phone calls or video chats with their friends can help ease social isolation
- Limit your child's interactions outside of any necessary interactions such as school etc.
- Limit your child's interaction with people at highest risk of severe illness from COVID-19

**Important:** If you think one member of your household has been in a risky situation where they may have been exposed to COVID-19, take extra precautions to limit that individual's exposure to your child

- Carefully consider who might be best to provide childcare if you are unable to care for your child:

**Important:** If you are not able to stay with your child while childcare or school is closed, make sure the individual caring for your child is not in contact with anyone else outside their own household and that every member of their household is abiding by this as strictly as possible.

### WEAR A MASK:

- Children 2 years of age and older should wear a face mask correctly when in public and when around people they don't live with.

**Important:** You must continue to wear a face mask. A face mask is NOT a substitute for avoiding close contact with anyone outside of your own household and washing hands frequently.

- Wearing masks may not be possible in every situation or for some people. Correct and consistent use of masks may be challenging for some children, such as children with certain disabilities, including cognitive, intellectual, developmental, sensory and behavioral disorders. Learn more some helpful suggestions from the CDC about what you can do if your child or you cannot wear masks in certain situations.

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### CLEAN & DISINFECT:

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, remotes, handles, desks, toilets, and sinks.
- Clean and disinfect cloth items with detergent or soap and water (follow manufacturer's instructions). This includes washable plush toys.
- Use the warmest appropriate water setting and dry items completely before reuse.

**Note:** It is ok to wash dirty laundry from a sick person together with other people's items.

### DO NOT TRAVEL UNLESS ABSOLUTELY NECESSARY!

- Traveling increases your child's chances of coming in contact with others who may have COVID-19 and your child spreading the virus to others
- Staying home is the best way to protect your child and others from getting sick.
- We don't know if one type of travel is safer than others.

**Important Reminder:** ANY travel or contact outside your household by ANY member of your household increases the risk of your child getting COVID-19. Families should consider connecting virtually or by writing letters coloring or drawing pictures and sharing them with family members who live outside your household.

**FOR MORE INFORMATION, VISIT  
[GRHC.ORG/HUB](https://grhc.org/hub)**

