



# Wee Learn



## Wee Explorers (18 months - 3 years): Coronavirus (COVID-19): How to Protect Babies & Toddlers

As the coronavirus (COVID-19) pandemic continues, we've learned more about the virus and how to protect ourselves from it. Parents might wonder how they can help protect their babies and toddlers.

### Why Should People Wear Masks?

When someone wears a mask, it keeps the virus from reaching other people. This is true even for people who feel fine and have no symptoms because they can still be infected and not know it. If everyone wears a mask when they are out in public, fewer people will get sick, and because children under 2 years old can't wear masks, they're protected from infection when people around them do.

### Why Shouldn't a Baby or Toddler Wear a Mask?

Babies and toddlers under 2 years old should not wear a mask because:

- They have smaller airways, so breathing through a mask is harder for them.
- If it's hard for people to breathe and they can't tell anyone or take the mask off by themselves, they could suffocate.
- Some homemade masks might have pieces that a baby could choke on, such as strings or elastic bands.
- They will likely try to remove the mask, causing them to touch their face a lot. This can increase their risk of catching and spreading the virus.

### Can Babies and Toddlers Get Infected with the Coronavirus?

While most COVID-19 infections have been diagnosed in adults, kids can get infected. In children, the virus sometimes causes a mild illness, and often causes no symptoms at all. Babies and toddlers cannot wear a mask, so it is important to protect them in other ways.

### How Can I Protect My Baby or Toddler from Coronavirus Infection?

You can protect your little one by avoiding large crowds and keeping a safe distance (at least 6 feet) from other people when out of the house.

At home and in public, do all you can to help stop the spread of the virus:

- Avoid people who are sick.
- Wash your hands well and often - when you go back into your home from being outside and before handling your child
- Clean surfaces and objects that people touch a lot.
- Try not to touch your eyes, nose, and mouth.
- Sneeze or cough into a tissue or your elbow, not your hands.
- Wear a mask at home if you are sick. Try to limit contact with your child until your symptoms have stopped.

Source: <https://bit.ly/2K2ZjDo>

For more ideas follow us on social media or visit our Wee Talk Blog  
<http://www.weewatch.com/wee-talk-blog/>





# Wee Learn



Wee Explorers (18 months - 3 years):  
Coronavirus (COVID-19): How to Protect Babies & Toddlers

## Can I Take My Child to the Doctor's Office for Vaccines and Other Care?

Yes, doctors' offices are taking steps to keep patients safe. These include regular deep cleaning, limiting the number of people in waiting areas, screening people who enter the building, and requiring masks for anyone over 2 years old. During this time, stay in touch with your child's doctor about:

**Vaccines and well visits.** Keeping your child's vaccines up to date is a key way to keep your child healthy.

**Sick visits.** If you think your child is sick, do not wait to get care. Call your doctor for advice or instructions.

**Call 911 right away** if your child might have a health emergency. Signs include your child turning blue, not breathing, being very sleepy or hard to wake up, or being unconscious.

Source: <https://bit.ly/2K2zjDo>

For more ideas follow us on social media or visit our Wee Talk Blog  
<http://www.weewatch.com/wee-talk-blog/>

