

Parent Resources



How to talk to your kids about COVID-19: <https://childrenswi.org/newshub/stories/covid-19-talking-to-kids>

If your kids are having difficulty wearing a mask: <https://childrenswi.org/newshub/stories/kid-mask-tips>

Washing hands video – thorough: <https://www.youtube.com/watch?v=fpXh2XHwMmE>

Washing hands video – kid friendly: <https://www.youtube.com/watch?v=qJG72sycQB8&feature=youtu.be>

American Academy of Pediatrics website addressing COVID-19 and children with underlying respiratory disease:

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Caring-for-Children-with-Asthma-During-COVID-19.aspx>

CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

AAP:

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

General Pediatric Information:

ChildrensWI.org/Coronavirus

COVID information and precautions (discharge info from our Pulm team)

What is it? Coronaviruses are a type of germ called a virus. Coronaviruses usually cause infections like the common cold. COVID-19 is the illness caused by a new type of coronavirus. This has spread through the world since December 2019. Coronaviruses are spread through coughing or sneezing. While some children may not show many symptoms, they can still spread it to others. Most children are not at a high risk for getting severe COVID-19.

How can I protect my family?

- **The best way to prevent illness is to avoid being exposed to the virus**
 - Virus is spread from person-to-person
 - There currently is no vaccine for COVID-19
- **Stay home**
 - Stay home as much as possible to further reduce your risk of being exposed
 - If you must leave the house:
 - **Keep about 6 feet between yourself and others**
 - Avoid crowds
 - Try to keep contact outside for short period of time
 - Avoid contact with people who are sick
 - Even people without symptoms may spread the virus to you
 - You could spread the virus to others even if you do not feel sick

- **Wear a mask when you have to go out in public**

It is our recommendation that children with lung disease wear masks when out of house or at school. Masks are safe to wear for long periods of time and there are currently no pulmonary contraindications for their use. They will protect your student during the school day and we recommend:

- Practice wearing a mask at home prior to starting school
- Try different styles of masks to find what is most comfortable
- Popular mask styles include 3MD, Happy Masks, Old Navy, KN-95 or other disposable masks
- Have extra masks for school in case one gets dirty or damaged
- Consider a safe way to store your mask while off during the school day, such as a bag or hook
- Label your mask with your child's name
- Mask should cover both the mouth and nose
- Avoid touching the front of the mask. Use the straps to adjust the mask.
- Should NOT be used for children under 2 years of age
- **Avoid touching your eyes, nose and mouth**
- **Wash your hands**
 - Wash with soap and water for at least 20 seconds (sing the ABCs!).
 - If no soap and water, **use hand sanitizer that contains at least 60% alcohol.**
 - Make sure to wash all surfaces of your hands and forearms
 - Everyone at home should wash their hands often.
 - Make sure you and your children wash hands when you come home, before making food, before eating, and after using the bathroom or changing a diaper.
- **Do not share** dishes, drinking glasses, eating utensil, towels or bedding with other people. After use, these items should be washed thoroughly with soap and water.
- **Clean and disinfect** your home as usual using regular household cleaning sprays or wipes.
- **Stay at home if you are sick**
 - If someone in your home is sick, have them stay away from the rest of the household to reduce the risk of spreading the virus in your home.
- **Cover your coughs and sneezes**
- **Do NOT delay getting emergency care**
 - The emergency department has very carefully planned how to protect you and your family from getting coronavirus if you need emergency care.
- **Do NOT delay your routine vaccines**

What are the signs that your child is sick with COVID-19?

- Fever
- Chills or repeated shaking with chills
- Cough
- Hard or fast breathing
- Muscle pain
- Headache
- Sore throat
- New lose of taste

Go to the Emergency Room if your child:

- Is breathing faster, harder, or says there is more pain with breathing
- Is too sleepy or hard to wake up normally
- Is not able to drink fluids
- Has signs of dehydration, such as not crying tears, dry mouth, no urine for 8-10 hours or poor activity

Find more information online:

General information from the Centers for Disease Control:

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/>

More about what to do if your child is sick:

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

General information from the American Academy of Pediatrics:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

