

## Report to **PARENTS**

# Keeping Children Healthy While School's Out

### Watch your child for signs of illness

If you see any sign of illness consistent with symptoms of COVID-19, particularly fever, cough, or shortness of breath, call your health care provider and keep your child at home and away from others as much as possible. Follow the CDC's guidance on what to do if you are sick.

### Look for signs of stress in your child

Some common changes to watch for include excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration.

Take time to 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.

### Teach and reinforce everyday preventive actions

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

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

Make handwashing a family activity.



### Help your child stay active

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.

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

### Help your child stay socially connected

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

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

Some schools and nonprofits, such as the Collaborative for Academic, Social, and Emotional Learning and The Yale Center for Emotional Intelligence, have resources for social and emotional learning. Check to see whether your school has tips and guidelines to help support social and emotional needs of your child.