

# KEEPING KIDS HEALTHY

During the COVID-19  
pandemic



## WATCH YOUR CHILD FOR ANY 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 healthcare provider and keep your child at home and away from others as much as possible. Follow CDC's guidance on what to do if you are sick.



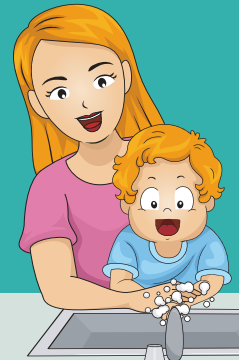
## WATCH FOR SIGNS OF STRESS IN YOUR CHILD

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 and questions in a way that your child or teen can understand.



## MAKE HAND WASHING A FAMILY ACTIVITY

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.



## 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.

## STAY SOCIALLY CONNECTED

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. Reach out to Alluvion Health for tips and guidelines to help support social and emotional needs of your child.

