

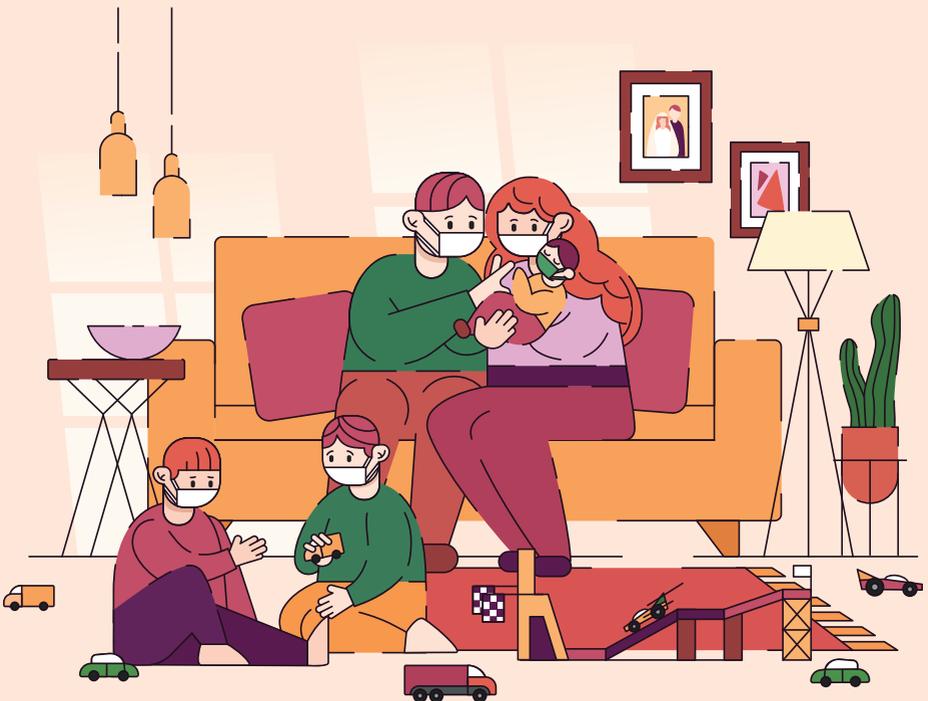
# CORONAVIRUS AND KIDS HEALTH: A GUIDE FOR PARENTS



# Protecting your kid from COVID-19

*Do you know how coronavirus can  
impact your kid's health?*

*Here is a guide on how to protect your  
children from the COVID-19 outbreak*



# What is the risk of my child becoming sick with COVID-19?

At present, the disease seems to be **rare and mild in children.**

- So far, just over 2% of cases have been seen in those under 18 years of age.
- Of these, fewer than 3% developed severe or critical disease.
- Most children who got the infection, recovered within 1-2 weeks after the onset of symptoms.\*\*

**Source:**

\*<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>; as on March 22, 2020

\*\*International Pulmonologist's Consensus on COVID-19



# Are the symptoms different in kids compared to adults?

## No.

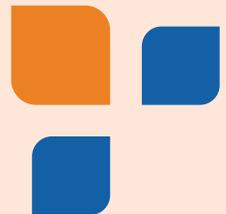
The symptoms of COVID-19 are **similar in children and adults.**

However, children with COVID-19 generally have mild symptoms.



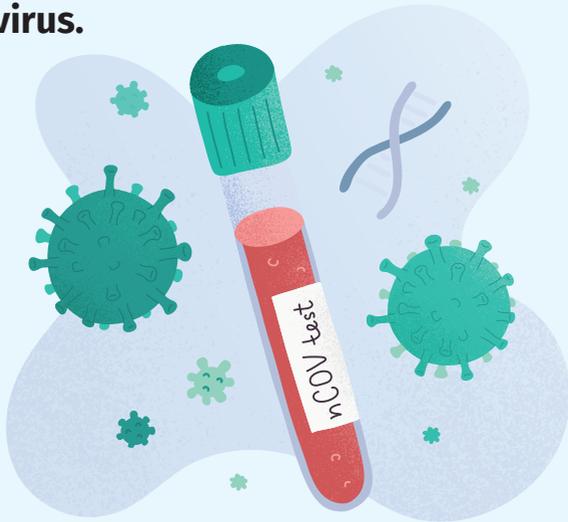
**Source:**

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>



# When should I get my child checked for COVID-19?

You should only get them checked if **anyone at your home is tested positive for Coronavirus.**



- Make sure that your child has not come in direct contact with a person who tested positive for coronavirus.
- Running for testing or emergency is not required at the first sign of cough or fever.

**Source:**

March 20, 2020

<https://www.mohfw.gov.in/pdf/ICMRrevisedtestingstrategyforCOVID.pdf>



# What if my child gets a fever, cough or sore throat?

**If the symptoms are mild, you should not rush to the hospital.**

- Fever.
- Cough.
- Being less active than usual (kids not being able to convey about their health).

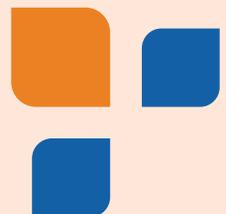
**Call your doctor or consult online** to confirm if you can care for your child at home or you need medical help.

**Seek immediate medical care** and call ahead if the child:

- Has breathing problems. Look for muscles pulling in between the ribs or the nose puffing out with each breath.
- Is turning blue.
- Is abnormally confused.

**Source:**

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>  
<https://kidshealth.org/en/parents/coronavirus-child-is-sick.html>



# Can I take my children out of the house during COVID-19?

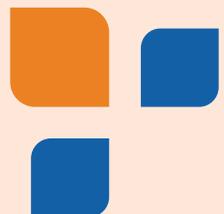
**Strictly not advised in the current scenario.**

- Keep them indoors as much as possible.
- Do not allow to **play or meet in big groups** even at home.
- Tell your children they **must wash their hands** before and after playing.



# How can I keep my child safe from COVID-19 infection?

- Teach your child about hand washing and keeping distance from sick people (coughing and sneezing).
- Clean and disinfect high-touch surfaces daily e.g. study tables, doorknobs, light switches, remotes, desks, toilets, sinks, etc.
- Wash playing items and plush toys in accordance with the manufacturer's instructions.
- Use warm water for washing clothes, if possible.



# Teach your kids the importance of handwashing.

- Practice hand-washing together.
- Show how to “create tiny bubbles” by rubbing their hands and fingers.
- Make them sing “Happy Birthday” twice to ensure they are spending enough time to get their hands clean.



## Jaypee supercute tip

**For younger kids, aged  
3-7 years:**

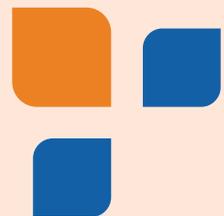
Spread some **glitter on  
their hands** and ask them  
to **wash until it gets off.**



# Can COVID-19 be passed to my unborn baby if I'm pregnant and infected?

**There is not enough information to determine this as of now.**

- This is currently being investigated.
- If you are pregnant, continue to follow personal hygiene measures.
- Consult a doctor on priority if you have symptoms, such as fever, cough or difficulty breathing.



# Can women with COVID-19 infection breastfeed?

**Yes. You can breastfeed as COVID-19 has not been detected in breast milk.**

Don't forget to:

- Wash your hands **before and after touching** the baby.
- **Wear a mask during feeding.**
- Clean and disinfect surfaces you might have touched.



**Source:**

<https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>

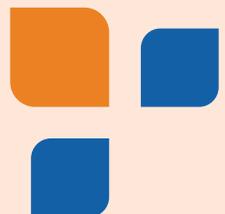


# Is it a good option to talk to my child about Coronavirus?

## Yes.

**You definitely should.**

- Lately, your child must have been hearing about coronavirus everywhere.
- Suspension of schools, tuitions and vocational classes, etc. is likely to create a sense of abnormalcy in their innocent minds.
- Kids may not appear to be bothered, but they may be listening and internalizing the information they are hearing.



# How can I talk to my kids about Coronavirus?

**Keep calm and avoid voicing your emotional concerns in front of your child.**

- **Age 3-6 years (basic), you might say:**

“There’s a germ going around, which is making people sick. But you know there is a **trick to kill that germ**. Just wash your hands while singing a magic song “Happy birthday” twice and it’s vanished!”

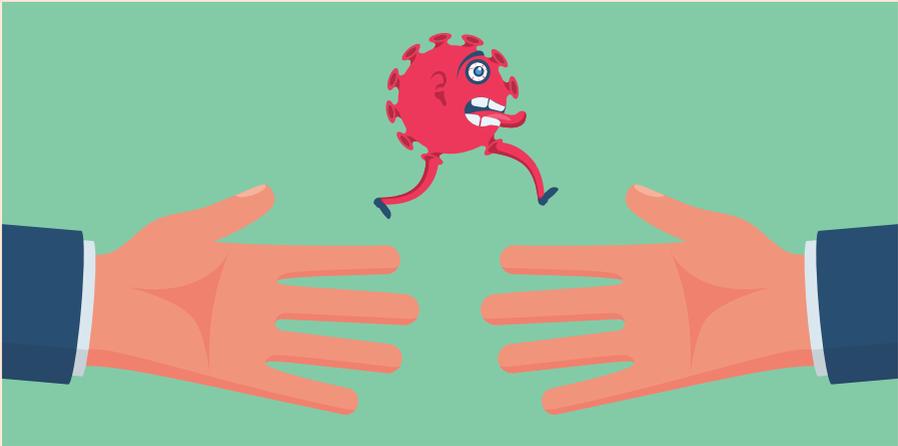
- **Age 6-10 years (more in-depth), you can say:**

“This germ coronavirus can hide under our nails, and surfaces that we touch. Although we can’t see it, if we touch that surface with our hands and then put our hands in our mouth or in our nose, that **germ gets into our body and makes us sick**. So we must keep washing our hands and avoid touching our face often.

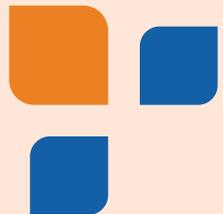


# How to explain them about schools and malls being closed and about social distancing?

**Here is an interesting way:**



“This germ is very active and loves jumping. When you meet many people, shake hands or touch each other, it jumps from the other person onto you and makes you sick. We are just staying at home and not meeting people so that the germ cannot jump and we stay healthy.”



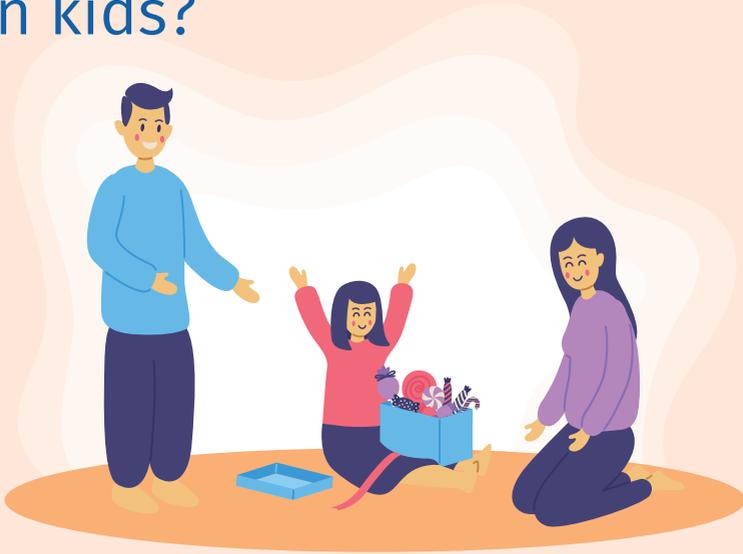
# Should I let them know what the symptoms are?

**Yes,**  
**and unquestionably if they're old enough to understand.**

- Most important for kids is to identify and know about difficulty in breathing (how shortness of breath while playing a sport is different from shortness of breath when sitting down or walking around.)

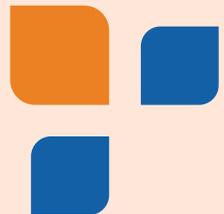


# Impact of social distancing on kids?



At times, if not taken care of, kids may feel stressed during social distancing or not being able to play outdoors. Your child may:

- Look aloof
- Do not feel like eating (loss of appetite)
- Show decreased energy levels



# Helping your children to come out stronger during social distancing.

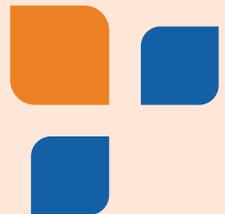
## **Stay emotionally attached during social distancing period.**

- Keep on interacting with your child every 2-3 hours.
- Make sure they interact with their friends or schoolmates over calls or video calls at least 3-4 times a week.
- Plan a co-story reading session with your kid.
- Ask them to imagine and tell a story. This helps improve mental growth and analyze what they might be thinking of.



# How to manage working from home, activity indoors and my kids at the same time?

- Convey things in their own terminologies:  
Tell your child that you too have a principal who has asked for some work and if you don't complete that, you will be punished.
- Set right expectations: Be honest at conveying at what time you will be available to play.
- Make a planner for your kid, keeping in mind his usual routine before COVID-19 became a problem.



# Here's something you can try

What is the time?	Ting Tong! Time for...	Let's utilize this for
7 am - 9 am	Waking up, morning chores, breakfast.	Try completing your morning chores alongside your kids.  Train your kids around sticking to the schedule.
9 am - 1pm	Homeschooling with self-study. Fix 2-3 subjects. Give assignments. Conduct tests.	Plan your meetings. Align priority work. Prepare essential reports .
1 pm - 2 pm		
Recess! Have lunch with them.		
2 pm - 4 pm	Arrange virtual play dates with their friends.  Preplan a fun task that kids can do while on video calls and show to each other, like clay moulds, puzzles, antakshari.	Routine office work that requires less attention.  Less urgent meetings.
4 pm - 5 pm	Play some indoor games such as ludos, carrom etc.  Work on an art project together.  Identify their interests and work on them.	Take a tea break.  Free up your mind from all office work for a while.  Casual discussions with office colleagues.
5 pm - 7 pm	Let your kid play in the balcony or rooftop in the presence of a caregiver.  Set simple exercise and stretching routine to channelize their energy.	Utilize this time to attend office work.  Plan on work that needs creative thinking.  If you are the single caregiver, attend to your child and convey this to your colleagues .

What is the time?	Ting Tong! Time for...	Let's utilize this for
<p><b>7 pm - 10 pm</b></p>	<p>Teach, check their tests, give homeworks.</p> <p>Involve them with you in cooking.</p> <p>Let them practice hand washing.</p> <p>Watch some series or movies.</p> <p>Listen and attend to their queries.</p>	<p>Take out time for your kids and family.</p>
<p><b>10 - 10.30 pm</b></p>	<p>Let your kid go early to bed and take a sound sleep.</p>	<p>If there is something left on the office front, cover up after your kid sleeps.</p> <p>If there is some urgent deliverable for morning, plan at night in advance.</p>

**\*This is just a suggestive routine and may vary as per your child's routine and individual requirements.**

The goal is to help keep the kids engaged and learning, while you focus on office work. Do note to practice extra caution to limit their screen time.

**Remember, there is comfort for kids in knowing that parents are on top of things.**

Answer the questions they are putting out and utilise this time to inculcate hand hygiene practices.



Issued for public awareness by Jaypee Healthcare

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