

COVID-19 AND CHILDREN

Dr. Jan Olson, DNP, MSNEd, BSN, NCSN, District Nurse
Molalla River School District

We know this can be a stressful and uncertain time. There is often a lot of concern and confusion about the information related to COVID-19. This week we will provide brief information on COVID-19 and children and provide a set of resources specific to COVID-19 and children and families.

Based on current information, children do not appear to have a higher risk of getting COVID-19 than other age groups* As a matter of fact, based on this information, it appears that children seem to get COVID-19 less often, or at least have less severe symptoms overall.** Families often ask why then is it so important to have such strict measures in child settings.

- Practicing prevention measures protects communities. It is essential to practice measures to prevent illness or spread in children because of their potential contact with high-risk individuals such as fragile grandparents and family members. As well, children or household members may also have medical conditions that make them at risk for getting really sick even if they look young and healthy. Occasionally normally healthy people do become really ill from viruses that don't usually cause severe illness.
- Practicing and role modeling health and hygiene measures (such as effective handwashing) is a good life skill to prevent many contagious illnesses in your family, including COVID-19. Instilling hygiene measures is an important lifelong skill for your children.
- Practicing regular measures (such as staying home when you have been sick) also prevents illness from spreading from your household to other households, which is also a lifelong concept.

As summer begins and counties reopen, it is important to remind ourselves of general information on illness and routine measures we can take to reduce the spread of disease. We also know that there is a lot of information available in the media that can cause confusion and anxiety, and looking at or listening to information prepared by medical professionals can be helpful. The following links provide information on each specific subject that you can read or listen to.

[COVID-19 BASICS](#)

[HOW TO TALK TO YOUR CHILDREN ABOUT COVID-19](#)

[CALMING ANXIETY ABOUT COVID-19](#)

[SOCIAL DISTANCING WITH CHILDREN](#)

[WHAT TO DO IF YOUR CHILD IS SICK](#)

[HOMECARE & PRECAUTIONS](#)

COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Preventing Illness

- Wash hands appropriately
- Stay home when sick
- Avoid close contact with others outside your home
- Avoid contact with ill individuals
- Cover your coughs and sneezes
- Wear a face covering if appropriate
- Clean and disinfect regularly
- Monitor your own health

CDC* OHA** Links by
kidshealth.org