

## Ohio Chapter

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American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

## 2019 Novel (New) Coronavirus

Human Corona viruses are a family of viruses that usually cause illnesses like the common cold. Almost everyone gets one of these viruses at some point in their lives. Most of the time the illness only lasts for a short time.

### COVID-19: a new coronavirus disease

It was discovered in December 2019 and has now spread throughout the world. As the virus spreads, we are seeing some people with mild illness, some who get very sick, and some who have died. The reason health officials are concerned is because the virus is new, which makes it hard to predict how it will continue to affect people. Researchers and doctors are learning more about it every day, including exactly how it spreads and who is most at risk.

### Symptoms of COVID-19

Symptoms of COVID-19 can range from mild to severe and can include:

- Fever
- Cough
- Shortness of breath

### Who is at Risk?

According to the CDC, children do not seem to be at higher risk for getting COVID-19, **but they are carriers of the illness, often without exhibiting any symptoms.** The highest at-risk are:

- Older adults
- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease
  - Suppressed immune systems
- Although children, youth and young adults appear to have few or no symptoms of the disease, they may still be carriers and able to transmit the infection.

## How to Protect your Family

The best protection is prevention. There is currently no vaccine to prevent COVID-19, but there are a few things you can do to keep your family healthy:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer. Look for one that is 60% or higher alcohol-based.
- Keep your kids away from others who are sick or keep them home if they are ill. During school closure, limit playdates, sleepovers and, for adolescents, just hanging out with friends.
- Teach kids to cough and sneeze into a tissue (make sure to throw it away after each use!) or to cough and sneeze into their arm or elbow, not their hands.
- Clean and disinfect your home as usual using regular household cleaning sprays or wipes, particularly high touch areas like doorknobs, light switches, toilet handles and TV remotes.
- Avoid touching your face; teach your children to do the same.
- Avoid travel to highly infected areas. Stay home as much as you can and take particular care visiting grandparents and other family members who may be at higher risk.

**A note about facemasks: The CDC only recommends facemasks for people who have symptoms of COVID-19, not for people who are healthy. Healthcare workers and anyone taking care of someone with COVID-19 should wear facemasks.**

If your child has been exposed to COVID-19, or you are concerned about your child's symptoms, call your pediatrician immediately. Please don't go to the Emergency Room or Urgent care for a test. Unless your child is sick, they won't do anything, and your child will be exposed to the other ill people in the waiting room.

## School and Childcare Closings

During school closures, try to keep their days as routine and scheduled as possible. Here are a few tips that can help:

- **Read books with your child.** It's not only fun, but reading together strengthens your bond with your child AND helps their development.
- **Make time for active play.** Bring out the blocks, balls, jump ropes and buckets and let the creativity go. Play games that kids of all ages can play, like tag or duck duck goose. Let your kids make up new games. Encourage older kids to make up a workout or dance to keep them moving.
- **Keep an eye on media time.** Whenever possible, play video games or go online with your child to keep that time structured and limited. If kids are missing their school friends or other family, try video chats to stay in touch.

## Talking to Children about COVID-19

There's a lot of news coverage about the outbreak of COVID-19 and it can be overwhelming for parents and frightening to kids. The American Academy of Pediatrics encourages parents and others who work closely with children to filter information and talk about it in a way that their child can understand. These tips can help:

- **Simple reassurance.** Remind children that researchers and doctors are learning as much as they can, as quickly as they can, about the virus and are taking steps to keep everyone safe.
- **Give them control.** It's also a great time to remind your children of what they can do to help – washing their hands often, coughing into a tissue or their sleeves, and getting enough sleep.
- **Affirm their feelings and** let them direct the conversation. Encourage them to ask questions and and share facts in a way they can understand. They will ask for as much detail as they need at that time. You don't have to give more.
- **Watch for signs of anxiety.** Children may not have the words to express their worry, but you may see signs of it. They may get cranky, be more clingy, have trouble sleeping, or seem distracted. Keep the reassurance going and try to stick to your normal routines.
- **Monitor their media.** Keep young children away from frightening images they may see on TV, social media, computers, etc. For older children, talk together about what they are hearing on the news and correct any misinformation or rumors you may hear.
- **Be a good role model.** COVID-19 doesn't discriminate, and neither should we. While COVID-19 started in Wuhan, China, it doesn't mean that having Asian ancestry – or any other ancestry – makes someone more susceptible to the virus or more contagious. Stigma and discrimination hurt everyone by creating fear or anger towards others. When you show empathy and support to those who are ill, your children will too.

## Take Care of Yourself

- One of the most important things you can do for your children is to take care of yourself.
- Take care of your body. Keep to regular routines and eat good food. Aerobic exercise daily is an excellent way to manage stress. Exercise will help with sleep onset.
- Limit alcohol and avoid sleeping pills and other drugs. However, if appropriate, make sure you have a good supply of prescription psychiatric medication.
- Take walks outside and breathe deeply. Stretching, formal yoga or meditation will help your feel healthy and focused.
- Limit exposure to the news of the pandemic. The 24-hour news cycle can be very upsetting.
- Connect with others. Reach out through social media and apps such as FaceTime to share your feelings.