



COVID-19: What Every Parent Needs to Know

This information is a product of collaboration between the UNR School of Medicine and the Washoe County School District.
All information has been reviewed and approved by a board-certified physician.

What is COVID-19 (Coronavirus Disease 2019)?

- COVID-19 is a new virus within the *Coronaviridae* family.
 - It is thought to be spread from person to person through respiratory secretions, such as when an infected person coughs or sneezes; this allows the virus to travel through the air and can potentially infect other humans.
 - It may also be spread by touching or picking up an object that someone infected with the virus has recently touched.
 - The virus can cause severe problems such as pneumonia, heart problems, inability to get enough oxygen, or death.
- Symptoms can appear anywhere from 2-14 days after being exposed to the virus.
 - Symptoms vary greatly from person to person, but may include the following: cough, shortness of breath, difficulty breathing, fever/chills, or even loss of smell/taste.
 - Some people with COVID-19 may not have any symptoms at all, but still may spread disease.

Who does it affect the most?

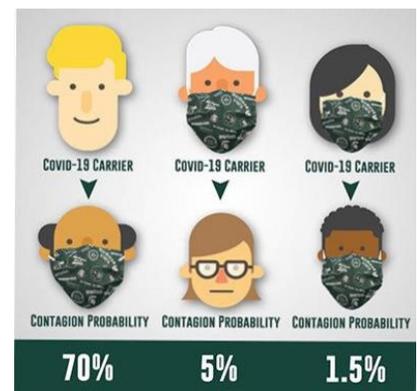
- COVID-19 can infect anyone; however, most people who develop symptoms will get better within a few weeks.
- Individuals who are at increased risk of severe problems (pneumonia, heart problems, or death) as a result of being infected with COVID-19 includes individuals over the age of 65 or individuals who have other chronic health problems such as diabetes, heart disease, lung disease, obesity, or cancer.
- Children can also be infected with COVID-19 but tend to have less severe symptoms.
 - We are learning more about how COVID-19 affects children daily.
 - Many children may have few or no symptoms which makes it even more important to ensure that children are not spreading this unknowingly.

How can my family stay healthy?

- Hand Washing!
 - Have every family member wash their hands frequently with soap and water for at least 20 seconds.
 - If soap and water are not immediately available use a hand sanitizer with at least 60% alcohol.
 - You should hand wash after being out in public, sneezing, coughing, or before touching one's eyes, nose or mouth.
- Social Distancing!
 - Avoiding contact with others decreases the chances of becoming infected with COVID-19.
 - Keep at minimum 6 feet (about 2 arms' length) of distance, even with a mask on, between yourself and others when in public.
 - Remember that others may not appear sick but can still have the virus and spread it to you or your family.
 - Avoid crowded places and do not gather in groups.

Does my child need to wear a mask?

- Yes, if your child is over the age of 2!
- Cloth face coverings should *not* be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask themselves (*CDC, May 2020*).
- Any individual outside of their home should wear a cloth face covering or mask. Do not use masks meant for healthcare workers (surgical masks, N95 masks, etc.).
- You can be infected with COVID-19 without knowing it and spread it to others. You are wearing the mask to help protect others by reducing the spread of germs!
- Make sure the mask is covering the mouth *and* the nose!
 - Continue to keep 6 feet distance from others when in public even with a mask on.
- Once your mask is on... do not touch it! There could be viral particles on your hands that may transfer to your face or might be inhaled.





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Does my child need to continue regular check-ups with their pediatrician or family medicine doctor?

- Yes! Doctors' offices are still open and you should aim to keep your scheduled "well visit" appointments. These preventative appointments are important for your child's health.
- Visit the doctor to keep up with your child's vaccine schedule!
 - Now it is more important than ever to ensure adequate vaccination. Due to the COVID-19 pandemic, healthcare professionals predict a rise in preventable diseases in children such as the measles, whooping cough, and chicken pox; therefore, adhering to the vaccine schedule can keep your child safe from these deadly diseases.
- Many offices are scheduling only "well visits" in the morning to keep your child safe from COVID-19 exposure. Contact your child's doctor for more information about how to continue check-up appointments and what they are doing to ensure your child's safety during an office visit.

Where can I find trustworthy information about COVID-19?

- The Centers for Disease Control (CDC); www.cdc.gov
- The American Academy of Family Physicians (AAFP); www.aafp.org
- The American Academy of Pediatrics (AAP); www.aap.org
- Healthychildren.org created by the AAP; www.healthychildren.org
- World Health Organization (WHO); www.who.int

This is a stressful time for my family—how do we cope?

- Feeling stressed, anxious, angry, scared, or sad during the outbreak of COVID-19 is completely normal. Children and adults can feel these strong emotions alike and developing techniques to cope with such feelings can make you and your family stronger and healthier.
- Take breaks from watching, reading, or listening to the news or social media.
 - Take breaks from talking about COVID-19
 - Being repeatedly reminded about the pandemic can be upsetting!
- Take care of your body.
 - Exercising, eating balanced, healthy meals, getting an adequate amount of sleep, avoiding alcohol and drugs, and going for walks or getting outdoors (while social distancing!) can help reduce stress.
- Take time to do activities you enjoy such as reading, cooking, family movie night, etc.
- Make an effort to connect with others by telephone, Facetime, Zooming, Skyping or even letter-writing!
- UNR Med-sponsored Zoom sessions are being offered to families in Washoe County for emotional support during COVID-19 (see link below!)
 - Different virtual meeting sessions will be held for parents, high school students, middle school students, and elementary school students in order to provide different, age-appropriate coping mechanisms and support systems to help individuals through the COVID-19 pandemic.
- Encourage kids to Zoom in to the UNR Med sessions to learn healthy coping mechanisms during this time.
- Zoom in yourself to discuss COVID-19 or to find support through the virtual community.

Zoom with us!

Follow the link below to let us know if you or your child would like to join a virtual support group:

<https://bit.ly/35W66c8>
