

Caring for Children during COVID – 19



Limit time with other Children & Older Adults and people with serious underlying medical conditions.

- **The key to slowing the Spread of COVID-19 is to limit contact as much as possible.**
- While School is out during the COVID-19 pandemic, children should not have in-person playdates with children from other households.
- If children are playing outside their own home, it's essential that they remain at least 6' feet apart from anyone who is not in their own household. If they are 2 years and older, they should wear a cloth face covering.
- To help children maintain social connections while social distancing, help your children have supervised phone calls or video chats with their friends.
- In order to protect the most vulnerable people consider precautions to separate your child/children from those people.
- If you share a home with a tribal elder or someone with serious underlying medical conditions, it's important to limit your children's contact with other people.
- Consider postponing visits or trips to see older family members and grandparents. Instead connect virtually or by writing letters and emails.



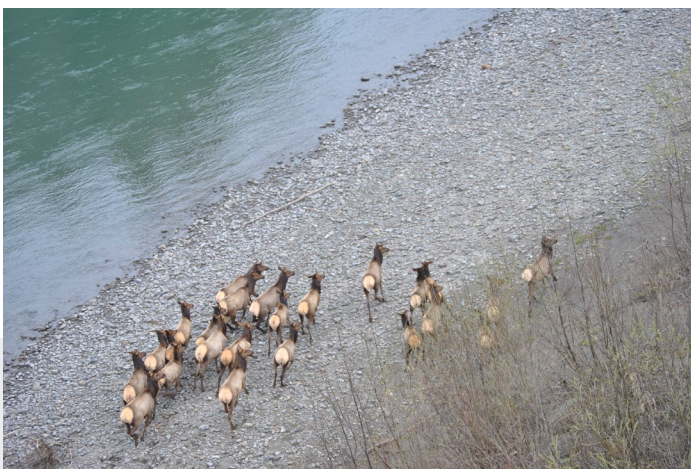
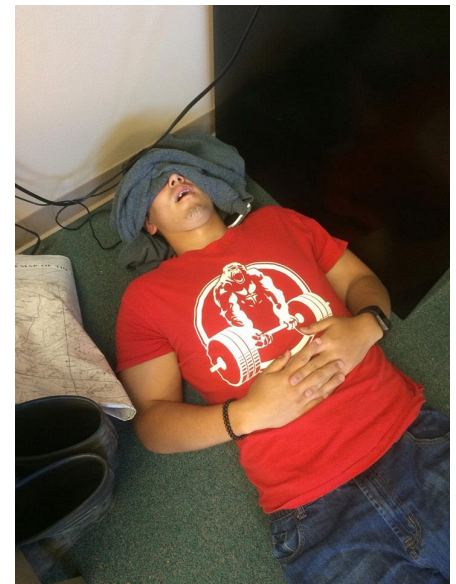
- Stay in touch with your child's school – during these times schools are offering lessons online or via packets – make time for school work daily.
- Create a flexible schedule with routine when possible.
- Have consistent bedtimes and get up at the same time Monday – Friday.
- Structure the day for learning, free time, meal & snacks and physical activity.
- Look for ways to make learning fun. Have hands-on activities like puzzles, painting, drawing, drumming and making arts & crafts.



These steps may help protect children & others from getting sick Center for Disease Control & Prevention (CDC)

- **Teach & Reinforce everyday preventative actions**
- Be a good role model for your children if you wash your hands often, they will more than likely do the same. Explain to your children how washing their hands can keep them and their family healthy. Clean hands often with soap and water or alcohol-based sanitizer
- Avoid people who are sick
- Clean & disinfect high-touch surfaces daily – common areas (light switches, remotes, doorknobs, counters, toilets, sinks & phones) Clean with soap & water first then use a household disinfectant.
- Launder items – including washable plush / stuffed toys as needed. If possible, launder items using the warmest appropriate water setting and dry items completely. Children over 2 years and older should wear a cloth face covering when in a community setting to reduce the potential spread of COVID-19.
- Watch for any sign of illness in your child/children – if you see any COVID-19 symptoms in particular fever, coughing, shortness of breath, call your healthcare provider and keep your child at home and away from others.

Jonathan Law – on a study break.....



Social Distancing
An example of elk not following the social distancing...