Is Your Child Susceptible To Contracting COVID-19?

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**WHAT IS COVID-19?**

Coronavirus-19 (also called COVID-19 or SARS-CoV-2) is an infectious disease that evolved from a wild virus. Some key features are lung and breathing problems, fever, and a cough, and they can range from mild to severe.

**ARE CHILDREN AT RISK FOR GETTING COVID-19?**

Yes! As of November 2020, over 150,000 Americans aged 0-4, and almost 850,000 Americans aged 0-17 have contracted COVID-19. 75% of COVID-19 cases confirmed in children in these age ranges are linked with household exposure to COVID-19.

**WHAT SYMPTOMS TO LOOK OUT FOR**

The most common symptoms of COVID-19 infection in children are fever, cough, runny nose, and sore throat. But, children can show no symptoms and still test positive for COVID-19.

Children and people of all ages commonly show symptoms 5 to 6 days after exposure, but it is possible to show symptoms anywhere from 1 to 14 days after being exposed.

**HOW DO I KNOW IF MY CHILD IS AT RISK?**

Everyone is at risk of contracting COVID-19. Pre-existing breathing problems, lung conditions, and/or heart conditions are not only risk factors for the elderly, but for children as well.

In a systematic review of pediatric COVID-19 cases by Hoang et al., a majority of cases (65%) were found to be in immunocompromised children or children with previous breathing/heart conditions.

**WHAT CAN I DO TO REDUCE MY CHILD’S RISK OF CONTRACTING COVID?**

1) Make sure your child regularly & correctly washes his/her hands with soap and water
   *if soap and water are not available have your child use hand sanitizer that is at least 60% alcohol
2) Avoid close contact (at least 6 feet) from members of other households and those who are sick with symptoms like coughing or sneezing
   *lowest risk of COVID-19 exposure enforces no in-person playtime, instead connect children virtually!
3) Have your child wear a mask and teach them to wear it correctly!
   *children aged 2 and older are recommended to wear a mask

**WHERE DO I GET STARTED?**

Scan these QR codes with your phone camera or an internet browser to watch some introductory videos on keeping yourself and your family safe!

For more information, please visit www.cdc.gov

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