



INFORMATION FOR FAMILIES WITH YOUNG CHILDREN

The COVID-19 (Coronavirus) is an ever evolving situation and can cause families to feel anxious. Children sense when the adults in their lives are nervous or anxious. A way to help your child it is to talk with them, allowing them to express their feelings and take steps for them to feel empowered. It is also a great time to teach your family healthy habits.

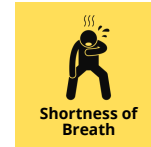
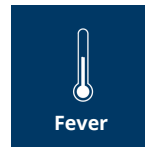
WHAT IS COVID-19?

Coronavirus Disease 2019 (COVID-19) is a respiratory virus that is spreading worldwide, and was first identified in December 2019.

The Long Beach Health Department is closely monitoring the situation and taking steps to keep Long Beach safe.

WHAT ARE THE SYMPTOMS?

Current symptoms reported have included mild to severe respiratory illness with fever, cough, and difficulty breathing.



HOW IS IT TRANSMITTED?



Close personal contact, such as touching and shaking hands



Droplets while coughing and sneezing



Touching your eyes, nose, and mouth with unwashed hands

MY CHILD IS ILL, WHAT DO I DO?

If your child is experiencing fever, cough or shortness of breath call their pediatrician first. They will provide you with next step instructions. If it is a life threatening emergency, then call 911.

TEACH CHILDREN HEALTHY HABITS

- Over the counter cold and flu medication can reduce fever. Make sure to follow the instructions on the package carefully. These medications do not stop the spread of germs.
- Children should not be given medication that contains aspirin. Medication without aspirin include acetaminophen and ibuprofen.
- Children younger than 2 should not be given any over the counter cold medication without speaking to a doctor first.

- Sing your child's favorite song with them to ensure they wash their hands with soap and water for 20 seconds
- Show your children ways to avoid touching their eyes, nose, and mouth with unwashed hands
- Teach your child to cover their cough or sneeze into their elbow like they are a super hero or a vampire
- Invite your child to help clean and disinfect (as their age permits) frequently touched objects and surfaces
- Stay home if you or your child is sick, and avoid others who are sick
- Teach your child not to share utensils, cups, food and drink
- Wash bedding and stuffed animals more frequently