WHAT TO DO WHEN A CHILD OR FAMILY MEMBER GETS THE FLU OR COVID-19

STEPS ON HOW TO CARE FOR THE INFECTED PERSON

- Call a doctor before visiting to avoid spreading and exposing to others
- Separate the infected person from family members in a designated room and bathroom if possible
- Avoid using the same household items such as bedding, dishes or towels
- Eliminate contact with pets
- Keep a close eye on symptoms for potential worsening
- Additional sanitation of “high” touch objects and surfaces

THE WORLD HEALTH ORGANIZATION RECOMMENDS...

- Keeping children as comfortable as possible
- It is ok to administer fever and pain reducers such as acetaminophen
- Carefully monitor the ill person’s activity
- Encourage the intake of plenty of fluids
- Watch for serious signs of the illness
- The American Academy of Pediatrics strongly suggests speaking with a pediatrician to confirm correct doses of medication

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Practicing social distancing and wearing a cloth mask if an essential errand needs to happen
Wash hands frequently for at least 20 seconds with soap and water or hand sanitizer
Teach children to sneeze or cough into a tissue, arm or elbow, never in their hands or on someone

- Launder stuffed animals & plushies by washing & drying them thoroughly
- Avoid facial touching
- Use hand sanitizer that is alcohol-based at 60% or higher
- The elderly and those with serious health conditions are most vulnerable and should be kept away from any ill person.

- Do not make your own hand sanitizer, avoid contact with rubbing alcohol and chlorine bleach, they could cause irritation and skin burns
- Abide by local and state management travel & stay at home restrictions

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