

COVID-19

Information for Parents and Guardians

Did you know?

- ➔ **Children can get sick with COVID-19 and can spread it to others, even if they do not have symptoms.** Some children get very sick and may require hospitalization or need to be placed on a ventilator to help them breathe. In rare cases, they may die.
- ➔ **Medical experts are still learning about the long-term effects of COVID-19 in children.**
 - Long-term symptoms have been reported in children with both mild and severe COVID-19.
 - Multisystem inflammatory syndrome in children (MIS-C), is a rare but serious condition associated with COVID-19. MIS-C can cause blood clotting disorders and inflammation of organs such as the heart, lungs, and brain.
- ➔ **One of the best ways to protect your child from the serious health consequences of COVID-19 is to get them vaccinated.** The Pfizer COVID-19 vaccine is recommended for everyone ages 5 and older.



Routine preventative care is important for children of all ages

- Make sure your child is **up-to-date on vaccines** that protect them from many other diseases.
- Be sure to **schedule routine childhood health care visits.**
 - These visits help prevent other conditions and illnesses and ensure your child is healthy.
 - At a routine childhood health care visit, your child may receive childhood vaccines, weight and height check-ups, nutrition counselling, anemia and lead testing, support for language development and more.



Stop the spread of COVID-19 in children

Follow these steps as much as you are able to prevent the spread of COVID-19:

- **Get your child vaccinated.** By being vaccinated, they have a far lower risk of getting severely sick, being hospitalized, or dying from COVID-19.
- **As a parent or guardian, get yourself vaccinated.** COVID-19 vaccines reduce the risk getting and spreading COVID-19.
- **Encourage your child to cover their coughs and sneezes** with a tissue or the inside of their elbow.
- **Help your child wear a mask.** Unvaccinated children ages 2 years and older should wear a mask in all indoor public settings. Those who are vaccinated should wear a mask in all public indoor settings in areas of substantial or high COVID-19 transmission.

To check the level of COVID-19 transmission in your area, visit covid.cdc.gov/covid-data-tracker/#county-view

- **Make sure your child washes their hands often** with soap and water for at least 20 seconds.
- **Help your child stay 6 feet away from others** who don't live with them and from those who are sick.
- **Get your child tested immediately** if they have symptoms of COVID-19 or 5 to 7 days after an exposure to someone with COVID-19.
- **Keep your child home** if they are sick or if they have been exposed to someone with COVID-19.

Resources for parents and guardians

➔ From the Wisconsin Department of Health Services:

- www.dhs.wisconsin.gov/covid-19/index.htm
- www.dhs.wisconsin.gov/covid-19/parents.htm
- www.dhs.wisconsin.gov/covid-19/vaccine.htm

➔ From the Centers for Disease Control and Prevention:

- www.cdc.gov/coronavirus/2019-ncov/groups/families-children.html
- www.cdc.gov/coronavirus/2019-ncov/groups/families-covid-19.html

