

COVID-19: Resources 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.
- Many children who get COVID-19 have mild symptoms or have no symptoms at all. However, some children do get very sick.
- Medical experts are still learning about the long-term effects of COVID-19 in children.
- One rare but serious condition associated with COVID-19, multisystem inflammatory syndrome in children (MIS-C), is being closely investigated.

Children at higher risk for severe illness from COVID-19

- Babies under 1 year old might be more likely to have severe illness from COVID-19.
- Other children, regardless of age, with underlying medical conditions might also be at increased risk of severe illness compared to other children.

If your child has an underlying condition, make sure to discuss your child's risk for getting very sick with their health care provider and take steps to protect your child from COVID-19.



Routine preventative care is important for children of all ages

- Even though children younger than 12 years cannot get the COVID-19 vaccine right now, make sure they are 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:

- **Encourage your child to cover their coughs and sneezes.** Show your child how to cover their mouth and nose with a tissue or the inside of their elbow.
- **Help your child wear a mask** when in public and around people they don't live with if they are 2 or more years old.
- **Make sure your child washes their hands often** with soap and water for at least 20 seconds or that they use hand sanitizer with at least 60% alcohol.
- **Keep your child at least 6 feet away from others** who don't live with them and those who are sick.
- **Get your child tested** if they have symptoms of COVID-19 or if they come in close contact with someone who has COVID-19.
- **Keep your child home** if they are sick or if they have been in close contact with someone with COVID-19.
- **Get your child vaccinated when they are eligible.** By being vaccinated, they have a far lower risk of getting severely sick, being hospitalized, or dying from COVID-19.
 - Currently, if your child is 12 years or older, they are eligible to receive the Pfizer vaccine. The Moderna and Johnson & Johnson vaccines are authorized for use in people ages 18 and older.
- **As a parent, get vaccinated.** All adults in Wisconsin are eligible to receive a COVID-19 vaccine. You can help protect your child by getting vaccinated.



Visit www.dhs.wisconsin.gov/covid-19/parents.htm for more information about COVID-19 and mental health resources.