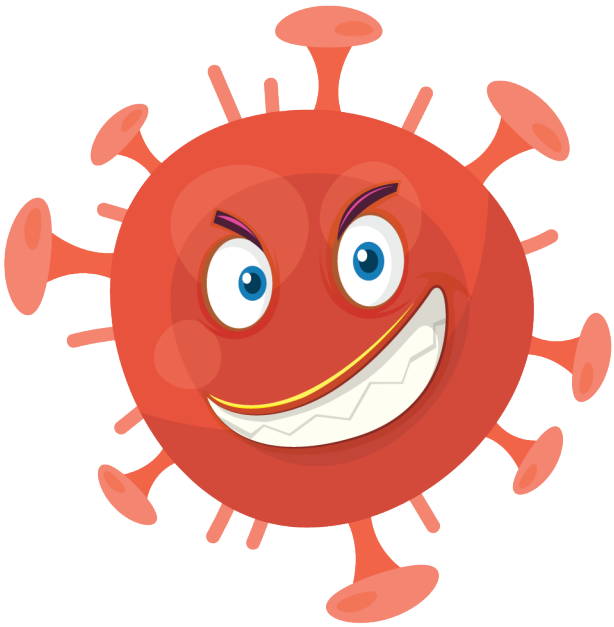
Children and COVID 19



Children are not at higher risk for COVID-19 than adults. While some children and infants have been affected by the virus, they do not seem prone to develop serious illness. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported.

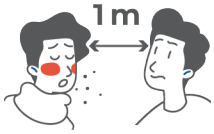
How to protect children from getting sick:

Clean hands often

using soap and water or alcohol-based hand sanitizer.

Clean and disinfect high-touch surfaces daily

in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).



Limit social gatherings and practice physical distancing

limiting gatherings will slow down the spread of the disease. If going out is inevitable, practice physical distancing which means keeping at least 1 meter between yourself and the person facing you.

Avoid people who are sick

(coughing and sneezing).

Launder items

including washable plush toys at the warmest temperature possible.

How to talk to your child about COVID-19:

1. Take time to talk with your child and share facts. Speak their language. Relate the consequences to a previous experience such as a hospitalization or a fever the child experienced.
2. Experiment with them to show them the importance of hand-washing.
3. Be a role model and show them how to practice good habits.

Helping your child cope with stress:

Reassure your children that they are safe.

Limit their exposure to news and practice some family activities instead.

Try to keep a regular routine:

Have consistent bedtimes and get up at the same time, Monday through Friday.

Structure the day for learning, free time, healthy meals and snacks, and physical activity.

Consider ways your child can stay connected with their friends without spending time in person.

If your child feels any symptom (fever, cough, shortness of breath, sore throat....) consult with your doctor immediately.

Reference: How to manage stress, center of disease control and prevention, March 2020
Children and Coronavirus Disease 2019 (COVID-19), Centers of disease control and prevention, March 2020