Preventing the Spread of COVID-19 For Families with Children

You can help protect your family from COVID-19 by practicing and promoting everyday healthy habits. If an outbreak occurs in your community, your school may dismiss students to prevent further spread of the virus. Use this checklist to plan and take action if a COVID-19 outbreak occurs in your community.

Plan and Prepare

Practice and reinforce good prevention habits with your family

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

Keep your child at home if sick with any illness

- If your child is sick, keep them at home and contact your healthcare provider. Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.

Be prepared if your child's school or childcare facility is temporarily dismissed

- Talk with your employer about sick leave and telework options in case you need to stay home with your child. Consider planning for alternate childcare arrangements.

Talking with Children About the Coronavirus:

- Remain calm and reassuring
- Make yourself available to talk and listen
- Avoid language that might blame others and lead to stigma
- Pay attention to what children see or hear on the television, radio, or online
- Provide information that is honest and accurate
- Teach children everyday actions to reduce the spread of germs

Who is at Highest Risk for COVID-19?

- Older Adults
- People who have:
  - Heart Disease
  - Diabetes
  - Lung Disease, like asthma

It is important to take extra precautions right now, especially if you are around older adults, like grandparents. Do your part in helping to keep your family healthy!

If you have questions about COVID-19, please call the NYS Coronavirus Hotline at 1-888-364-3065.

Public Health
Prevent. Promote. Protect.
Tioga County