

# **COVID CARE**

**HELPFUL TIPS AND SUGGESTIONS FOR PARENTS**

# Symptoms of Covid

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have [COVID-19](#).



- **Fever or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**

\*\*This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

[Symptoms of COVID-19 Video \(Spanish\)](#)

[Symptoms of COVID-19 \(English\)](#)

# Tips to Help Children Stay Healthy

Follow these everyday preventive actions and tips to help children stay healthy.

- Clean hands often using soap and water or alcohol-based hand sanitizer.
- Avoid people who are sick (coughing and sneezing).
- [Keep children at least 6 feet from other people.](#)
- Wear a [mask](#) over their nose and mouth when in public settings where it's difficult to practice social distancing. This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) the other everyday preventive actions listed above.
- Clean and disinfect high-touch surfaces daily in common areas (like tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks).
- Launder items including washable plush toys as needed. Follow the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
- Make sure your children are up to date on well-child visits and immunizations.

# Back to SCHOOL 9 CDC HEALTH HACKS FOR BACK-TO-SCHOOL SUCCESS



[Tips for Staying Healthy Video \(Spanish\)](#)

## How to correctly apply a mask before coming into school

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent
- Store your mask in a brown paper bag when not in use.



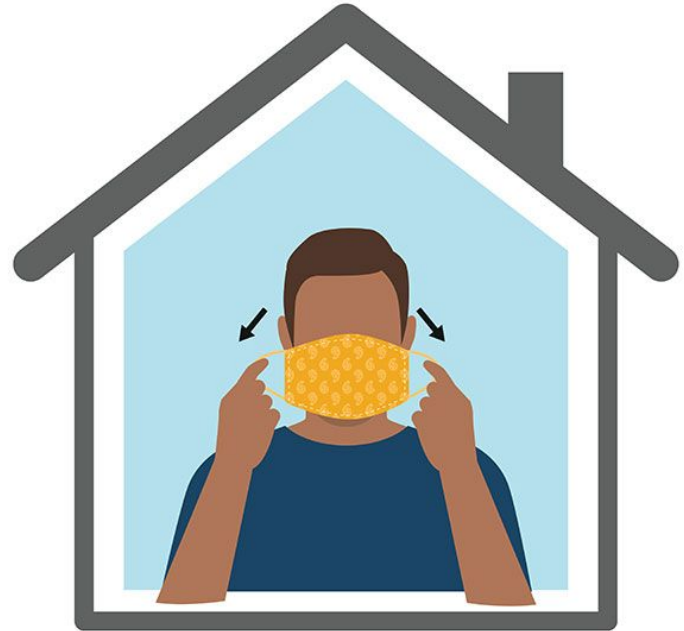
# Take Off Your Mask Carefully, When You're Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine (learn more about [how to wash masks](#)). [How to clean a face shield](#)
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands

[Mask Procedure Video \(English\)](#)

[Mask Procedure Video \(Spanish\)](#)

[Key times to wear a mask video \(English\)](#)



# Tips to Stop the Spread of COVID-19



[Slow the Spread Video \(Spanish\)](#)

# What You Need to Know About Handwashing



[Handwashing Video \(Spanish\)](#)



# Key Times to Practice Social Distancing

**KEY TIMES to Practice Social Distancing**

**Inside your home** when someone has, or thinks they have, COVID-19  
If possible, stay at least 6 feet away.

6 feet

**Outside your home**  
Stay at least 6 feet away from people outside of your household in indoor / outdoor spaces.  
Stay out of crowded places if possible.

6 feet

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CDC/NIH-A-01154/2020

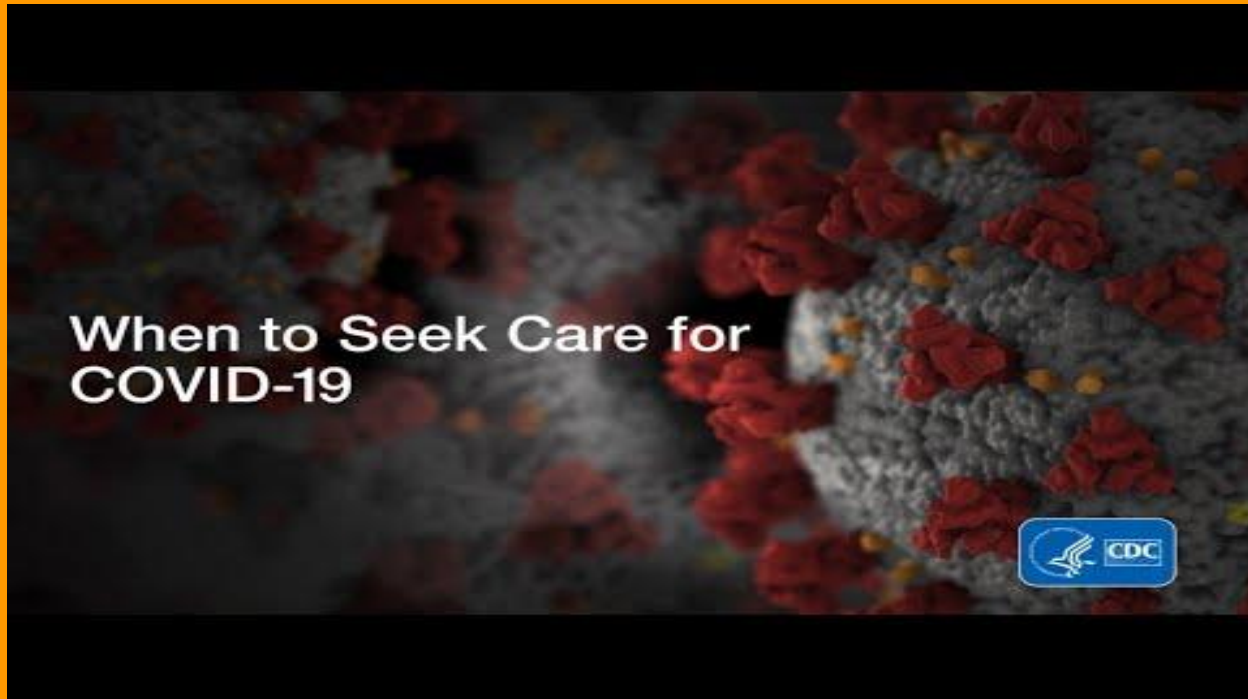
The infographic is divided into two panels. The left panel, titled 'Inside your home', shows a man in a blue shirt and white pants standing in a kitchen, and a woman in a yellow shirt and blue skirt standing at a counter. A horizontal line between them is labeled '6 feet'. Above the man are several small purple circles representing virus particles. The right panel, titled 'Outside your home', shows a man in a red shirt and blue pants standing on a lawn, and a woman in a blue jacket and black pants standing further away. A horizontal line between them is labeled '6 feet'. The background of the right panel shows a city skyline and trees. The CDC logo is in the bottom left of the left panel, and the website URL 'cdc.gov/coronavirus' is in the bottom right of the right panel. A small reference code 'CDC/NIH-A-01154/2020' is at the very bottom right.

[Key Times to Practice Social Distancing \(Spanish\)](#)

# Visiting Friends and Family With Higher Risk for Severe Illness



# When to Seek Medical Care



[When to Seek Medical Care \(Spanish\)](#)

# How to Clean and Disinfect Your Home if Someone Has COVID-19



[How to Clean and Disinfect Your Home if Someone Has Covid-19 \(Spanish\)](#)

# Helpful Resources from the CDC

[Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers](#)

[Planificación para el regreso a clases: listas de verificación para guiar a padres, tutores y cuidadores](#)