


# COVID-19: What Families Need to Know

Symptoms of COVID-19	Which children are most at risk?	Talking to children about COVID-19
<ul style="list-style-type: none"> <li>• Fever and chills</li> <li>• Cough</li> <li>• Difficulty breathing</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• Fatigue</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul> <p>Multisystem inflammatory syndrome in children (<b>MIS-C</b>)</p> <ul style="list-style-type: none"> <li>• Inflammation syndrome that occurs a few weeks after COVID infection</li> <li>• High fever</li> <li>• Diarrhea</li> <li>• Rash</li> <li>• Chest pain or difficulty breathing</li> <li>• Red eyes</li> </ul> <p>Children who develop symptoms like this in the month after a COVID infection should be seen urgently by a physician</p>	<ul style="list-style-type: none"> <li>• <a href="#">Obesity</a></li> <li>• Conditions that weaken the immune system</li> <li>• Sickle cell disease</li> <li>• Heart disease or congenital heart conditions</li> <li>• Lung disease (including <a href="#">asthma</a>)</li> <li>• <a href="#">Diabetes</a></li> <li>• Neurodevelopmental disorders such as cerebral palsy</li> <li>• Chronic kidney disease</li> <li>• Complex medical conditions, including some that require breathing or feeding tubes, or home ventilators.</li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Simple reassurance.</b> Remind children that researchers and doctors are learning as much as they can about the virus and are taking steps to keep everyone safe.</li> <li>• <b>Be a good role model.</b> COVID-19 doesn't discriminate, and neither should we. COVID-19 doesn't mean that having Asian ancestry—or any other ancestry—makes someone more susceptible to the virus or more contagious. Stigma and discrimination hurt everyone by creating fear or anger towards others. When you show empathy and support to those who are ill, your children will too.</li> <li>• <b>Give them control.</b> It's also a great time to remind your children of what they can do to help—washing their hands often, coughing into a tissue or their sleeves, and getting enough sleep.</li> <li>• <b>Watch for signs of anxiety.</b> Children may not have the words to express their worry, but you may see signs of it. They may get cranky, be clingier, have trouble sleeping, or seem distracted. Keep the reassurance going and try to stick to your normal <a href="#">routines</a>.</li> <li>• <b>Monitor their <a href="#">media</a>.</b> Keep young children away from frightening images they may see on TV, social media, and other sources. For older children, talk together about what they are hearing on the news and correct any misinformation or rumors you may hear.</li> <li>• <b>Celebrate helpful behaviors.</b> Remind kids that they are <i>being kind</i> and <i>helping keep family and friends safe</i> when they wear their masks at school. The same goes for getting the vaccine--it's a great way kids can help end the pandemic</li> </ul>

Immediately seek urgent or emergency medical care if you notice these warning signs in a child: difficulty catching their breath, new confusion or they cannot wake up, inability to keep down liquids or continuous vomiting for a period to time, or bluish lips.

For more information about Covid-19 and Pediatric Vaccinations, please visit: [COVID-19 - HealthyChildren.org](https://www.healthychildren.org/parenting/child-care/COVID-19) or scan the QR below

