

# How to protect children and others from getting sick

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, the children in their care should not have contact with individuals outside the household.

**Follow these five tips to help protect children and others from getting sick.**

- 1. Teach children the same things everyone should do to stay healthy.** Children and other people can spread the virus even if they don't show symptoms. Learn more at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html).
- 2. Don't let children have in-person playdates with children from other households.**
- 3. Teach children who are playing outside to stay 6 feet away from anyone who is not in their own household.**
- 4. Help children stay connected to their friends through video chats and phone calls.**
- 5. Teach children to wash their hands.** Explain that hand washing can keep them healthy and stop the virus from spreading to others.
  - » **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
  - » **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
  - » **Scrub** your hands for at least 20 seconds.
  - » **Rinse** your hands well under clean, running water.
  - » **Dry** your hands using a clean towel or air dry them.



You can find more information about caring for children at [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html).



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