

# WHAT TO DO WHEN A CHILD OR FAMILY MEMBER GETS THE FLU OR COVID-19

## STEPS ON HOW TO CARE FOR THE INFECTED PERSON

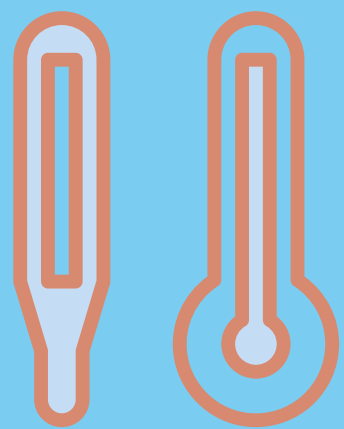
- Call a doctor before visiting to avoid spreading and exposing to others
- Separate the infected person from family members in a designated room and bathroom if possible



- Avoid using the same household items such as bedding, dishes or towels
- Eliminate contact with pets
- Keep a close eye on symptoms for potential worsening
- Additional sanitation of "high" touch objects and surfaces

## THE WORLD HEALTH ORGANIZATION RECOMMENDS...

- Keeping children as comfortable as possible
- It is ok to administer fever and pain reducers such as acetaminophen
- Carefully monitor the ill persons activity



- Encourage the intake of plenty of fluids
- Watch for serious signs of the illness
- The American Academy of Pediatrics strongly suggests speaking with a pediatrician to confirm correct doses of medication

## **FURTHER PROTECT THE FAMILY BY...**

- **Practicing social distancing and wearing a cloth mask if an essential errand needs to happen**
- **Wash hands frequently for at least 20 seconds with soap and water or hand sanitizer**
- **Teach children to sneeze or cough into a tissue, arm or elbow, never in their hands or on someone**



- **Laundry stuffed animals & plushies by washing & drying them thoroughly**
- **Avoid facial touching**
- **Use hand sanitizer that is alcohol-based at 60% or higher**
- **The elderly and those with serious health conditions are most vulnerable and should be kept away from any ill person.**

- **Do not make your own hand sanitizer, avoid contact with rubbing alcohol and chlorine bleach, they could cause irritation and skin burns**
- **Abide by local and state management travel & stay at home restrictions**



**Healthychildren.org**