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at **UWA EARLY HEAD STAR**

Hello EHS families,

During this pandemic, everyone can do their part to help respond to this emerging public health threat. On March 16, 2020 the White House announced a program called "15 days to Slow the Spread" which is a nationwide effort to slow the spread of COVID-19 through the implementation of social distancing at all levels of society. However, cases of the Coronavirus are increasing by the day here in Louisiana as well as nationwide. Below is some helpful information on how you can keep your families safe and healthy during this time away from school and help slow down the spread of the Coronavirus.

Stay safe,

Deidra Lewis, Health Specialist

School Dismissals and Children

- ❖ The key to slowing the spread of COVID-19 is to limit contact as much as possible. While school is out, children should not have playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household.
- ❖ Make sure children practice every day preventative measures, such as washing their hands often with soap and water. Remember, if children meet outside of school in bigger groups, it can put everyone at risk.
- ❖ Revise spring break plans if they included non-essential travel.
- ❖ Information about COVID-19 is somewhat limited, but current data suggest children with COVID-19 may only have mild symptoms. However, they can still pass this virus onto others who may be at higher risk, including older adults and people who have serious underlying medical conditions.

How to keep your family healthy

- ❖ Watch your child for any signs of illness. If you see any sign of illness consistent with symptoms of COVID-19, particularly fever, cough, or shortness of breath, call your healthcare provider and keep your child at home and away from others as much as possible.
- ❖ Watch for signs of stress in your child. Some common changes to watch for include excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration.

- ❖ Teach and reinforce everyday preventative actions. Parents and caretakers play an important role in teaching children to wash their hands.
- ❖ Explain that hand washing can keep them healthy and stop the virus from spreading to others.
- ❖ Be a good role model—if you wash your hands often, they’re more likely to do the same.
- ❖ Help your child stay active. Encourage your child to play outdoors—it’s great for physical and mental health. Take a walk with your child or go on a bike ride.
- ❖ Use indoor activity breaks (stretch breaks, dance breaks) throughout the day to help your child stay healthy and focused.
- ❖ Help your child stay socially connected by reaching out to friends and family via phone.
- ❖ Help your child create a card or write letters to family members they may not be able to visit.

While School’s out, limit time with older adults, including relatives, and people with chronic medical conditions.

- ❖ Older adults and people who have serious underlying medical conditions are at highest risk of getting sick from COVID-19.
- ❖ If others in your home are at particularly high risk for severe illness from COVID-19, consider extra precautions to separate your child from those people. High risk individuals include:
 - People aged 65 years and older
 - People who live in a nursing home or long-term care facility
 - People with chronic lung disease or moderate to severe asthma.
 - People who have serious heart conditions.
 - People who are immunocompromised including cancer treatment.
 - People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk.
- ❖ If you are unable to stay home with your child during school dismissals, carefully consider who might be best positioned to provide childcare. If someone at higher risk for COVID-19 will be providing care (older adult, such as a grandparent or someone with a serious underlying medical condition), limit your children’s contact with other people.
- ❖ Consider postponing visits or trip to see older family members and grandparents.