

# Staying safe this summer amid COVID-19

**A**s parents, we strive to keep our children safe from harm, but there's no handbook for dealing with a pandemic like COVID-19.

Like every other year, we flock to the summer sun and warmer temperatures. Yet, in 2020, we don't expect to enjoy summer the same way we have before. Sunscreen, water safety and hydration all remain important; however, a healthy dose of COVID-caution can go a long way in helping to keep your family safe and healthy all summer long.



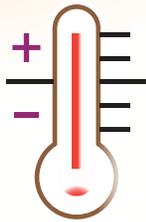
**Get outdoors!** Encourage outdoor play – it's great for physical and mental health. Go on a family walk, hike or bike ride.

**Wear a cloth face covering or mask.**

Children, age two and older, should wear a cloth face covering or a mask that covers their nose and mouth when in a public setting where it's difficult to practice social distancing.



**Watch your child for fever or other symptoms.**



If your child has a fever or other symptoms of respiratory or flu-like illness, your best first step is to call your child's primary care provider. They will be able to guide you accordingly. Avoid going to the Emergency Department, unless your child is experiencing a medical emergency.



- **Maintain distance.** Be mindful of large groups and put at least six feet of distance, wherever possible, between your child and others when outside of your home.
- **Clean hands often.** Make sure hands are being washed correctly – warm, soapy water for a minimum of 20 seconds. Need an alternative to singing two rounds of 'Happy Birthday'? Try 'Somewhere over the Rainbow' or make up your own song! When out and about, pack a hand sanitizer with at least 60% alcohol and apply to your child's hands periodically.
- **Don't touch your face.** In particular, avoid touching your eyes, nose and mouth, which can be an effective way of halting the spread of germs.

COVID-19 will be around for a while and whether or not your child should do certain activities is very much a personal decision. Know the risks, what your family can do to mitigate them, and what is currently being done in your community to address the virus.

**Have a happy, healthy and safe summer!**



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