

## Parent Tips for COVID-19

- **When schools are dismissed**, children should avoid gathering or socializing anywhere, like at a friend's house, a restaurant, or the shopping mall, etc. Instead, pull together games, books, DVDs and other items to keep your family entertained while at home.
- **Stay informed about the local COVID-19 situation.** Get up-to-date information about local COVID-19 activity from [www.jcphs.org](http://www.jcphs.org), Upstate University Hospital's CNY Regional Hotline 315-464-3979, or New York State Department of Health's COVID-19 Hotline 1-888-364-3065.
- **Stay home if you are sick.** Stay home if you have COVID-19 symptoms. If a member of your household is sick, stay home from work and school to avoid spreading COVID-19 to others.
- **Continue practicing everyday preventive actions.** Cover coughs & sneezes and wash your hands often with soap & water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol.
- **Use a separate room and bathroom for sick household members (if possible).** Consider designating a single person as the main caregiver for anyone who gets sick. Avoid sharing personal items like food and drinks. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person. (New York State Registered Disinfectants [http://www.dec.ny.gov/docs/materials\\_minerals\\_pdf/covid19.pdf](http://www.dec.ny.gov/docs/materials_minerals_pdf/covid19.pdf))
- **Stay in touch with others by phone or email.** Ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.
- **Take care of the emotional health of your household members.** Outbreaks can be stressful for adults and children. Children respond differently to stressful situations than adults.
  - Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.
  - Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
  - Try to keep up with regular routines. When schools are closed, create a schedule for learning activities and relaxing or fun activities.
  - Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.