Keep Children Healthy during the COVID-19

Ways to Promote Children's Wellbeing

Updated Sept. 17, 2020

Teach and reinforce everyday preventive actions

Wash hands

Wash your hands with soap and water for 20 seconds, and encourage your child to do the same. Read more and watch a video on how to wash hands correctly.

If soap and water are not available, use hand sanitizer that contains at least 60% alcohol. Teach your child to cover all surfaces of their hands with hand sanitizer and rub their hands together until they feel dry. If your child is under 6 years of age, supervise them when they use hand sanitizer.

Wear a mask

Make sure everyone in your household wears a mask (if 2 years of age or older) when in public and when around people who don't live in your household. Ensure your child wears their masks correctly and safely.

Avoid close contact

Make sure your child and everyone else in your household keep at least 6 feet away from other people who don't live with them and people who are sick (such as coughing and sneezing).

Cover coughs and sneezes

When coughing or sneezing, cover your mouth and nose with a tissue, throw your tissue in closest garbage can, and wash your hands. Encourage your child and all household members to do the same.