



# Child and Youth Services Coronavirus Disease (COVID-19) Information Sheet

Child and youth services programs can take a variety of actions every day to prevent the spread of infectious diseases, including the virus that causes COVID-19. The following strategies for everyday operations should be in place at all COVID-19 Community Levels.

## Prevent and slow the spread of COVID-19:

The virus that causes COVID-19 is spread through close person-to-person contact (within about 6 feet) and direct contact with respiratory droplets via coughing, sneezing, and talking. Take the following actions to prevent and slow the spread of COVID-19:

### Vaccination:

- Stay up to date on COVID-19 vaccinations
  - » COVID-19 vaccines are available to protect everyone 6 months of age and older
  - » COVID-19 boosters are available to everyone 5 years of age and older, if eligible
- Stay up to date on routine vaccinations

### Hand Hygiene and Respiratory Etiquette:

- Wash hands with soap and water for at least 20 seconds. When soap and water is not an option, use hand sanitizer that contains at least 60% alcohol.
- Avoid sharing personal items and shaking hands
- Avoid touching eyes, nose, and mouth
- Cover nose and mouth when sneezing or coughing (use disposable tissues, upper sleeve, or elbow) Maintain social distancing (keep 6 feet between your family and others)

### Masking

- When required or recommended, wear a tight fitting mask when out in public or around others. The use of N95, KN95, or KF94 masks (i.e., respirators) is preferred, when such masks are available. An alternative is using a three-layer mask. These types of masks offer better protection than paper or cloth single-layer masks.
  - » Masks should not be placed on young children under age 2 or anyone who has trouble breathing

### Housekeeping

- Clean surfaces with soap and water, then use disinfectant on frequently used/high touched surfaces

- Launder items, including bedding, clothing, towel, and washable plush toys as needed
- If possible, launder items using the warmest water setting and dry items completely

## Stay home if feeling unwell or experiencing symptoms:

Anyone who is experiencing symptoms must stay home and may not return until:

- 10 days have passed since the onset of symptoms
- Fever has been absent for 24 hours without the use of fever reducing medications
- They are able to participate in daily activities

### Signs or symptoms:

Fever	Loss of taste or smell
Headache	Fatigue
Shortness of Breath or Difficulty Breathing	Congestion or Runny Nose
Cough	Nausea/Vomiting
Chills	Diarrhea
Muscle aches/pain	Sore Throat

**If a child or youth has abdominal or neck pain, irritability or sluggishness, red cracked lips, rash, swollen hands and feet, or any other concerning signs or symptoms, seek medical attention immediately.**

## Advice for parents and guardians:

Parents and guardians should observe their children for signs and symptoms and contact their healthcare provider if they suspect that their child has COVID-19 or has been exposed. Notify the Child and Youth Services facility the child attends within 24 hours of a suspected COVID-19 diagnosis.



### For current COVID-19 information:

<https://phc.amedd.army.mil/covid19> • <https://www.coronavirus.gov/>

### The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1  
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

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