

Protecting Our Kids

What to tell our kids about Coronavirus

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PREVENTING THE SPREAD

The basic prevention step a child can take is proper hand-washing.

The CDC (Center for Disease control) states washing hands with soap and warm water before eating and after, after using the bathroom, after blowing your nose, coughing or sneezing, and before and after close proximity to a sick friend or a family member.

The best way to clean your hands is to wet them with clean warm water, then add soap and scrub for at least 20 seconds (sing the Happy Birthday song two times), before rinsing and drying with a clean towel or paper towels.

Disinfectants Work!

The CDC suggests that cleaning all "high-touch" surfaces, such as shopping carts, doors, counters, tabletops, chairs, doorknobs, bathroom fixtures, stalls, toilets, cell phones, keyboards, TV remotes, gaming controllers, tablets and bedside tables, can prevent the spread of germs.

EPA-Approved labels on cleaning agents such as "household disinfectants" according to the CDC can be used. A homemade cleaning agent can be made, using one tablespoon of bleach to one quart of water. Also, a 60% or higher alcohol based hand sanitizer should be used when soap and water are not available (hand sanitizer won't work on oily or greasy hands).

If Your Kids Have These Symptoms

People with confirmed cases of COVID-19 (Coronavirus) reported illnesses ranging from mild to severe. Symptoms can include:

- ~ Fever
- ~ Cough
- ~ Shortness of breath
- ~ Body aches
- ~ Tiredness
- ~ Sore throat
- ~ Headache
- ~ Diarrhea
- ~ Pneumonia

Remind your kids to cough and sneeze into a tissue or the inside of the elbow facing away from others and if need be Stay Home! Don't allow your kids to go to school or socialize with other people. Go to a doctor and get tested right away. You can't fight what you don't know you have.

Reference: American Academy of Pediatrics (Copyright © 2020)

A Strong Immune System Helps

Help your kids build a strong immune system by;

- 1) Getting plenty of sleep (7 to 9 hours).
- 2) Exercise; at least 150 minutes of physical exercise a week.
- 3) Fruits, vegetables and proteins. Half of your plate should be fruits and vegetables and the other half high proteins such as chicken, or fish.
- 4) Drink plenty of water. During the flu season Vita Water or water with vitamins infused can't hurt.
- 5) Stay away from sugar and processed foods, which lower your immune system.

To learn more about how your cells fight off viruses watch: <https://youtu.be/qqZYEGREuZ8>