



Coronavirus Information and Advice for Parents

Parents should:



Teach your children **proper hand washing**, wash for 20 seconds (the same time it takes to sing the "Happy Birthday" song twice)



Help your children **model good behaviour**, wash hands when you come home, after blowing your nose, sneezing or coughing, when you eat or handle food or after using the bathroom



Share facts and address **any misinformation**, remind them what's in their control (washing hands thoroughly and often, sneezing into a tissue or their elbow and not touching their face)

If they display symptoms of coronavirus (loss of smell or taste, cough, shortness of breath), please:

- Contact your regular GP or the flu hotline on **1-800-534-8600 / 947-3077** for medical advice.
- Call your employer if you need to stay home with your child.

Expecting and breastfeeding mothers:

- There is **no evidence** of transmission of COVID-19 from a mother to her foetus or newborn before, during, or immediately after delivery.
- There is **no evidence** that the virus **can spread through breastmilk**.
- At this time, it is unknown if there is any risk posed to infants of a mother who has COVID-19. To avoid spreading the virus to an infant, it is advised to frequently wash your hands before touching the infant and wearing a face mask, if possible, especially while breastfeeding.

For the latest updates and information, please visit [HSA.ky/public-health/coronavirus](https://hsa.ky/public-health/coronavirus) or gov.ky/coronavirus.

