

# Hygiene and protection measures **explained to children** under eight when **someone at home is infected with COVID-19**





**When someone at home has COVID-19, it is important for young children to be aware of the situation and to learn the appropriate behaviors to take care of themselves and others in order to avoid becoming infected.**

## **How can you talk about this issue and address any concerns young children may have?**



Children have probably heard and learned a lot about the coronavirus, so the news about someone with the virus at home may scare them and cause them to worry. In this case:

- **Calmly explain to the child that a family member has the virus** and as on other occasions when someone has fallen ill, **everyone will take care of the sick person and take all precautions to avoid anyone else from becoming infected.**
- **Give the child time** to ask all the necessary questions and **to express his/her feelings.**
- **Speak honestly** and respond in a simple and age-appropriate manner so that the child **can better understand the situation.**
- Welcome all feelings that emerge and **provide loving containment.**



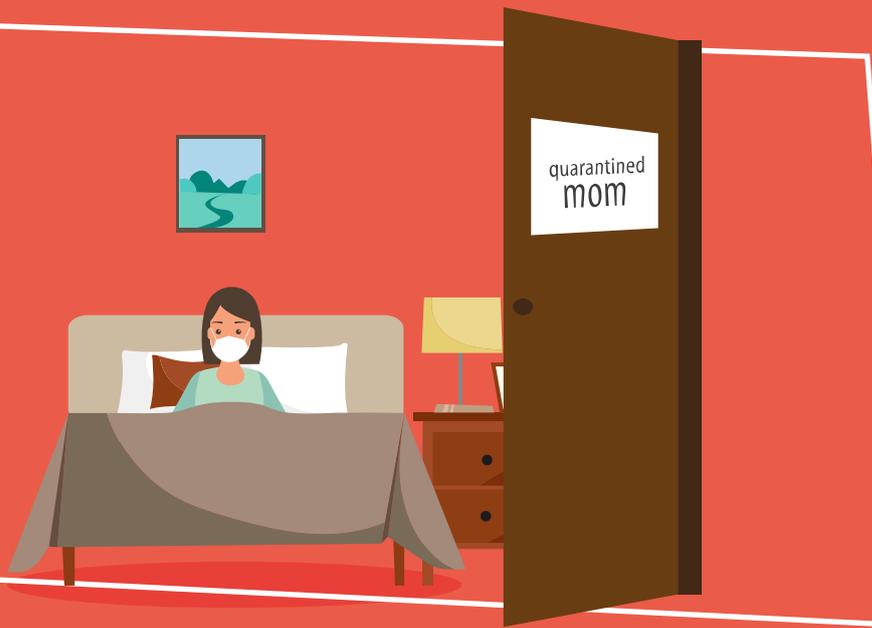
**Together you can invent new ways to show affection while maintaining distance from the sick person.**

**To mitigate the situation, you can think of creative and even fun ways to communicate with the sick person, such as flying hugs or kisses, secret signals that only your son or daughter and the sick person understand, or whatever else you can think of.**

# How can you explain the home isolation measures?

1

We are going to give **Mom a separate room** or area so she can rest and get better.



2

I am going to mark **a line on the floor that shows how close we can get to Mom** to accompany her, while taking care to avoid infection.



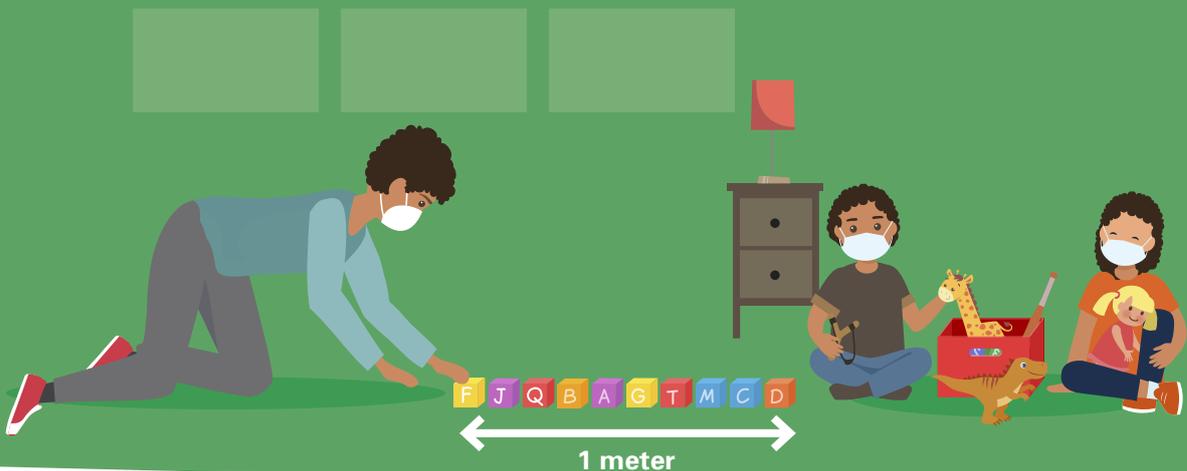
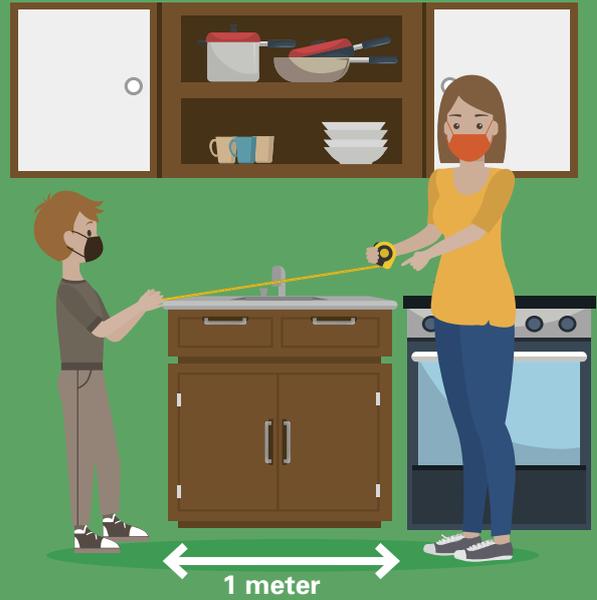
3

We are going to **separate the dishes, glasses, and cutlery**, so that each person always uses the same set, thereby avoiding infection.



4

It is important that we are **always** **at least one meter away from the sick person**. I'm going to show you what that means.



# 5

You can talk to Dad whenever you want to, but **we will do it by video call or from a chair at a suitable distance**, so that you are protected. We can also draw pictures and **send him flying hugs!**



# 6

It is very important that we **always wash our hands thoroughly with soap and water**. We should wash for as long as it takes to sing a song.



# 7

And remember that if you are going to sneeze or cough, **you should bury your mouth and nose in the inside of your elbow**.



# 8

**Everyone at home will wear masks** to be extra protected while we take care of ourselves.



**The use of a mask for children under 8 years old should always be done under an adult's supervision. The World Health Organization does not recommend the use of a mask for children under 5 years of age, but if required by local authorities or due to being physically close to someone ill, it should be done under the watchful eye of caregivers. For children between 6 and 11 years old, the use of a mask should be guided by the World Health Organization's recommendation, in respect of each country's regulation.**

For further information follow [this link](#).

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Panama City, August 2020

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**Hands should be washed before putting on your children's masks. Disposable masks should be removed by holding the elastics or tie straps. Used masks should be placed in a closed trash can. Reusable masks should be removed in the same manner and washed regularly.**

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for every child