

Due to the coronavirus pandemic, many parents are deciding how and if to safely send their children to school this coming fall. Here are some of the things to consider as you make this decision.



**LEHIGH**  
UNIVERSITY

College  
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# COVID-19



## COVID and Children

Scientists are still discovering all of the effects of COVID-19 infection on children. What we do know suggests that:

- Children are less likely to get COVID-19 than adults and, in general, when they do become infected, they get less sick than adults.
- Common symptoms among children include fever, cough, runny nose, sore throat, headache, body ache, and diarrhea.
- Less than 0.1% of COVID related deaths in the United States are among children.
- Although uncommon, deaths and multi-system inflammatory syndrome in children may occur.
- While it is most likely that children will contract COVID from a family member, the more individuals any person interacts with increases their risk of infection.



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Text adapted from:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html>

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## Returning to School

## Increased Risk

Like the adults, children with certain medical conditions have an increased risk of contracting and having serious complications with a COVID-19 infection. Some of these include:

- Lung diseases like asthma and cystic fibrosis
- Heart disease
- Liver disease
- Chronic kidney disease, especially if undergoing dialysis
- Obesity (body mass index [BMI] of 40 or higher)

## Household Members

Parents should also consider these risks for all of their household members when deciding how to resume school this school year. Some things to consider:

- Are you, or any of your child's caregivers, at increased risk of serious illness?
- Is the level of community spread in your community high?

## Your School's Plan

Understanding your children's school's plan for reducing risk of COVID-19 infection is an important step in determining how to resume schoolwork this fall. The four key areas that schools may be focusing on in these efforts include:

Promoting behaviors that reduce the spread of COVID-19, like social distancing, washing hands, and wearing masks.



Maintaining healthy environments by ensuring proper ventilation and cleaning frequently touched surfaces.

Maintaining healthy operations through staggered schedules or keeping students in small groups.

Preparing for when someone from the school gets sick including protocols for contact tracing.



These may also include changes to the overall structure of the school day. Some of the common strategies include:



- **Cohorts:** done by dividing students up into smaller groups that will stay together during the school day, often limiting interaction between cohorts. These are also sometimes called “pods.”
- **Hybrid learning:** this is a combination of both in-person and virtual/at-home learning. The in-person portion may or may not include dividing students into cohorts.
- **Virtual/At-Home Learning:** students and teachers will engage in completely virtual classes, activities, and events.

