

How to protect our children from COVID-19 during the Pandemic. God has given us the tools to be safe, use all that He provides

1. Pray

- a. God's peace in the midst of the pandemic, remembering He is with us
- b. God's protection for children and the entire family
- c. God's healing of those who have been infected or exposed
- d. Thanksgiving for what God has provided in the last two years to better understand COVID-19, how to prevent it, and how to treat it
- e. Wisdom for the scientists, healthcare professionals, public health officials seeking to provide guidance to control the pandemic
- f. Discernment as you hear information and seek to do what is God's will and what is best for your family.

2. Practical steps to protect your family from COVID-19

- a. **MASKS** regardless of vaccination status (indoors when anywhere other than your home)
 - Everyone over 2 years of age
 - Cover nose and mouth with a well fitting mask (no gaps)
 - Several layers of fabric, surgical masks, no valve
- b. **VACCINATION for everyone in your family and household**
 - Adults: get vaccinated; full series and booster
 - Children: get vaccinated, if 5 years or older; booster if 12 years and older
 - Infants and children < 5 years: the above two points is the best way to protect those that are too young to be vaccinated; those around them should mask and be vaccinated
- c. **PREVENT THE SPREAD: Testing, Isolation and Quarantine**
 - **Symptoms** can be mild to severe in all ages, **get tested**
 - If you or your child has symptoms, stay home (**Isolation**) and get tested, if possible
 - If you or your child was exposed to someone with COVID-19, stay home (**Quarantine**) and get tested, if possible
 - If you test positive, notify those you were around so they can quarantine.

3. Hand sanitizer: use often especially when out in public and before eating

4. Avoid crowds or places where social distancing and masking is not being followed

Stay informed, spread truth, not misinformation