

COVID-19 Frequently Asked Questions for Parents

Helpful information from your local pediatricians for families and caregivers.

What can families do to decrease their risk of COVID-19 infection?

The best way to avoid COVID-19 infection is to practice careful social distancing, hand washing, and wearing masks when out in public. It is key for all family members to practice these precautions. If one family member becomes infected, it is very likely that the rest of the family will become infected as well.

When should a child stay home from school?

If your child has a fever, sore throat, runny nose, cough, headache, vomiting, or diarrhea, it is critical that they stay home from school. We have learned that children can have a wide variety of symptoms with COVID-19, that can be very mild. So, even if a child appears to have a simple cold, it could be COVID-19. If you are unsure if your child should go to school, please call his or her primary care provider or speak with your school's nurse before sending them to school.

What should families do to plan for safe holiday events?

Celebrations and traditions are very important. This year, it is essential to find creative ways to celebrate and honor traditions while keeping our loved ones safe. Finding creative ways to get together without "being" together is key to preventing the spread of COVID-19. If you have visitors, it is best to keep visits outside and brief. Given that masks are removed while eating, dining with people who live outside your home is a high-risk situation. Remember, a person can be infected and spread COVID-19 without having symptoms.

What is community spread of COVID-19 and should I be concerned?

Early infections of COVID-19 in Maine were often related to specific outbreaks, where the cases could be connected back to an event or gathering. This would allow people to be contacted and quarantined to decrease further spread. We are now seeing many more cases that are not from a specific event. This shows us that COVID-19 infection is present in the community and that likely some people without symptoms are spreading it without even knowing they are infected. This is much more dangerous for our communities, and potentially more difficult to contain. This makes wearing masks, washing your hands, staying home if you have any symptoms, and keeping socially distant from others that much more critical.

Is it too late to get a flu shot?

It is never too late to get a flu shot. This year, one of the best things you can do in addition to wearing a mask, washing your hands, and keeping your distance from others, is to get a flu shot for you and your family members. Flu vaccines reduce the risk of illness, hospitalization, and death from influenza. Getting a flu shot this year not only reduces risk from flu, but also helps to conserve potentially scarce healthcare resources while we continue to navigate the COVID-19 pandemic.



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