



COVID-19

WHAT FAMILIES CAN DO

While healthcare officials believe that children seem to be relatively safe from COVID-19, [they are able to spread it](#). There is currently no vaccine to prevent the virus and the best way to prevent illness is to avoid being exposed to it in the first place.

Please follow these recommendations from the Department of Public Health to protect your family and all Kentuckians:

- Keep children from gathering with their friends at public places, such as the mall or the movies. This is most important for children with chronic diseases, such as asthma or diabetes, who are the most at-risk of catching COVID-19.
- Avoid close contact with people who are sick (fever, cough, sneeze, and difficulty breathing). To avoid close contact, stay at least 6 feet away from others.
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. To avoid coughing into your hands, you can cough into your elbow.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing.
- If soap and water aren't available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- The Centers for Disease Control and Prevention states that wearing a facemask will not protect the public from COVID-19.

Listed below are some sources for more information that may be helpful to you and your family:

The [Centers for Disease Control and Prevention's webpage](#), which includes guidance on the virus and resources for K-12 schools.

The [Cabinet for Health and Family Services' COVID-19 webpage](#), which includes information from the CDC and will be updated as information becomes available.

The COVID-19 state hotline: (800) 722-5725.