Protecting Our Babies and Young Children from COVID-19

Children and infants of all ages can become infected with COVID-19. In children, the virus causes mild illness and even non symptoms. However, some babies and children have become seriously ill and have suffered complications. For this reason, it is important to know how you can protect them against COVID-19.

How to protect babies and young children against COVID-19?

The Centers for Disease Control and Prevention (CDC) recommend the following:

- **Vaccination**. Vaccines reduce the illness and the risk of getting and onward transmission by reducing the viral disease. The Pfizer and Moderna vaccines are approved for children of 6 months and older.

- **Wear a face mask.** The CDC recommends wearing face masks even to vaccinated people. Face mask should not be worn by children if they are under 2 years old or a child with a special health care condition needs who cannot wear it safely. If you are sick, wear a mask and try to limit contact with the child until the symptoms have clear.

- **Clean and disinfect the home.** Clean frequently surfaces and objects.

- **Choose safe activities.** Choose outdoor activities when possible or activities in well-ventilated indoor spaces. Avoid contact with sick people or those who do not follow the practice of physical distancing and the use of a mask.

- **Keep clean hands.** Encourage children to wash their hands frequently with soap and water for at least 20 seconds or to use hand sanitizer that contains at least 60% alcohol. Also teach them to cover their mouth and nose into elbow, not to hands or to a tissue when they coughs or sneezes to stop the spread of germs. Remind them to avoid touching their eyes, nose, and mouth. Also, you need to remember them to wash their hands constantly, especially as they enter home, after touching something or feeding your child.

- **When going out to public places remember to protect yourself.** Cover the booster seat or stroller with a blanket, making sure it is around the child but not touching the baby, allowing visibility and airflow. Clean the baby's stroller or chair as soon as you get home.

Pediatric Multisystem Inflammatory Syndrome (MIS-C)

Pediatric multisystem inflammatory syndrome is a serious condition in which parts of the body such as the heart, lungs, blood vessels, kidneys, digestive system, brain, skin, and eyes become inflamed. The data indicates that many of the children's with this syndrome had been infected with COVID-19. It suggest that MIS-C is caused by an excessive immune response related to COVID-19.

Signs and symptoms of an MIS-C Emergency, include:

- Fever that lasts more than 24 hours
- Vomiting
- Inability to wake up or stay awake.
- Difficulty breathing
- Sudden confusion
- Gray or bluish skin, lips, or nails
- Severe stomach pain

If your child shows any sign of serious illness, take the child to the nearest emergency room right away. If the child present other signs or symptoms of MIS-C, but is not seriously ill, call your pediatrician and follow the instructions.

Social and Emotional Aspects

For recommendations, tools, and resources about how you and your family can manage any emotional and physical concerns that may occur during and after any medical treatment, please visit your primary care physician or contact the following telephone lines:

Medical Advice Line
1-844-347-7801
TTY/TDD: 1-844-347-7804
APS Healthcare
787-641-9133

References:

(2022)https://kidshealth.org/es/parents/coronavirus-young-kids.html
(2022)https://www.mayoclinic.org/es-es/diseases-conditions/coronavirus/in-depth/coronavirus-in-babies-and-children/art-20484405
(2022)https://espanol.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Pfizer-BioNTech.html
(2022)https://espanol.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Moderna.html

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