



COVID-19 FAQs for Kids & Teens

At Carris Health, we know everyone has had to adapt quickly in response to COVID-19. In hopes of making lives a little easier, we want to help you answer questions you may have about COVID-19.

Social Distancing

Why do young people need to take social distancing seriously when older people are more at risk?

- While children may only have mild symptoms, they can still pass the virus to others who are high risk.
- Children and teens meeting outside of school in groups can put everyone at risk.

Can I hang out with my friends safely?

- It is recommended that children/teens do not have in-person playdates or gatherings with friends from other households – even if they plan on practicing social distancing.
- Even on walks, it is recommended to go out with only immediate family members.
- You should avoid public playgrounds where another family is playing. Playgrounds also present a risk since it is unclear how long the virus can live on a surface.

Can we still see grandparents?

- You should consider postponing visits or trips to see older family members and grandparents. You can still remain connected – by video conferencing, phone calls and writing letters.

Distance Learning

How can I stay focused during distance learning?

- It is recommended you prepare a study space free of clutter. If possible, avoid working from your bed because that can disrupt sleep patterns and sleep cues.
- Create a routine with scheduled breaks for movement. Short breaks for exercise will help keep you alert and energized
- Reward yourself. After tackling a difficult task – treat yourself with an easier assignment, snack or quick video chat with a friend.
- If you're feeling fidgety during an online lecture, try snacking on something healthy, play with a fidget spinner or playdough, stand up or give yourself a hand massage.

We're your partner
in helping you
answer questions
from students and
families about
COVID-19.