

# Summer To School Series

## Summer COVID-19 Safety and MIS-C Tips and Resources



**UHealth Jackson**  
Children's Care



Many parents are wondering how to ensure their families have a great summer, while balancing safety concerns in the middle of the COVID-19 pandemic. Our experts at UHealth Jackson Children's Care want to make sure you and your children have a safe summer by engaging in low-risk activities to avoid the spread of the virus.

### **Here are some recommendations if you are considering summer camp for your child this summer:**

- Ask if the camp is following CDC guidelines
- Ask questions about the camp's screening protocols
- Make sure campers and counselors wear a mask at all times
- Make sure social distancing and handwashing are being practiced
- Make sure the camp has strict sanitation protocols of all high-contact areas
- Consider the number of children enrolled at camp
- Smaller groups are safer for your child
- Outdoor activities are generally safer

### **Other outdoor activities that should be considered during the pandemic:**

- Walking in the park is safe, but remember to keep your distance from others
- Avoid using playground equipment, which poses a high-risk to your child because of the frequently touched surfaces such as slides, swings, and monkey bars
- Going to beach is low-risk if it's not crowded and you practice social distancing
- Avoid community pools due to high-touch surfaces such as lounge chairs
- Public entertainment venues, such as the zoo, are considered low-risk

### **Get your child excited about wearing a mask:**

- Be a role model and practice wearing a mask with your child
- Put the mask on your child at home first for a few minutes to practice
- If your child is small, put the mask on their stuffed animal or doll
- Pretend to be a superhero while wearing the mask
- Children under two years old should not wear a mask

### **How to travel safely in the summer:**

- Visit [www.cdc.gov](http://www.cdc.gov) to see if the area you plan to visit is a hot spot for COVID-19
- Renting a car is considered low risk; but make sure the vehicle is sanitized before getting into it with your family
- Be aware of rest stops during road trips; if you stop at a service plaza, wear a mask, practice social distancing, and wash your hands immediately.
- Air travel is considered higher risk because you are in a confined space with other people and it's harder to practice social distancing
- If you must travel by plane, wear a mask, disinfect the area where you will be seating, and use hand sanitizer

### **What you need to know about multisystem inflammatory syndrome in children (MIS-C):**

- This condition causes different parts of the body to become inflamed, including the heart, kidneys, lungs, brain, skin, eyes, or gastrointestinal organs
- Children with MIS-C tested positive for COVID-19 or were exposed to the virus
- Florida has not had many cases.
- The two consistent symptoms that have been reported include fever and abdominal pain
- Other symptoms include vomiting, diarrhea, neck pain, rash, bloodshot eyes, and exhaustion. Be aware that not all children will have all the same symptoms

If you need more information on COVID-19 safety, please visit [www.cdc.gov](http://www.cdc.gov). If you would like to find a pediatrician or specialist within the UHealth Jackson Children's Care network, please visit [www.jacksonhealth.org](http://www.jacksonhealth.org).